



# TSAWWASSEN WELLNESS CENTRE

## Class Schedule September 7-December 19, 2010.

| Times          | Monday  | Tuesday                              | Wednesday                       | Thursday                                | Friday                        | Saturday   | Sunday   |
|----------------|---|--------------------------------------|---------------------------------|---|-------------------------------|--|--|
| 6:15-7:15 am   |  | Pilates—all levels<br><b>NEW</b>     |                                 | Pilates—all levels<br><b>NEW</b>        |                               |  |   |
| 7:15-8:15 am   |   | Power Pilates <b>NEW</b>             |                                 | Intro to Pilates                        |                               |  |  |
| 8:30-9:30 am   | Healthy Back<br><b>NEW</b>  | Pilates 1                            | Pilates I                       | Pilates Matwork <b>NEW</b>              | Power Pilates<br><b>NEW</b>   | Pilates 1  |  |
| 9:30-10:30 am  | Pilates 1   | Pilates 2                            | Pilates 1                       | Pilates 3                               | Pilates 2                     | Pilates 1  | Pilates 1<br>9:00-10:00 am   |
| 10:30-11:30 am | Intro to Pilates  | Pilates 3                            | Stretch Workout                 | Pilates 1                               | Pilates 2                     | Pilates 2<br>10:45-11:45   | Pilates 2<br>10:00-11:00 am  |
| 11:30-12:30 pm | Pilates for 60+<br>11:45-12:45  |                                      | Pilates for 60+                 |   | Stretch Workout<br><b>NEW</b> | Pilates 3<br>12:00–1:00  | Intro to Pilates<br>11:00-12:00  |
| 1:00–2:00 pm   | Pilates 1   |                                      | Pilates 1                       | Pilates 1                               | Healthy Back                  |   | Pilates Matwork<br>12:15-1:15 pm<br><b>NEW</b>   |
| 2:00-3:00 pm   | Pilates 1   |                                      |                                 |   | Power Pilates<br><b>NEW</b>   |  |  |
| 4:00-5:00 pm   | Pilates for Teens<br><b>NEW</b>   | Pilates 1<br>4:30-5:30 pm            |                                 | Pilates 1<br>4:30-5:30 pm               | Pilates 1<br>4:30-5:30 pm     |  |  |
| 5:00-6:00 pm   | Pilates 1   | Pilates for Men<br>5:30–6:30 pm      | Power Pilates                   | Pilates 2<br>5:30-6:30 pm               |                               |  | <b>INSTRUCTORS</b><br><b>AJ</b> —Anne Johnson<br><b>JB</b> —Jodi Butchart<br><b>LM</b> —Linda Mallard<br><b>PT</b> -Patricia Tufts |
| 6:00-7:00 pm   | Pilates 3   | Intro to Pilates<br>6:30-7:30pm      | Pilates 1                       | Pilates for Men<br>6:30-7:30 pm         |                               |  |  |
| 7:00-8:00 pm   | Pilates 1   | Pilates 1 <b>NEW</b><br>7:30-8:30 pm | Pilates Matwork<br>Intermediate | Pilates 2<br>7:30-8:30 pm<br><b>NEW</b> |                               |  |  |

### WELCOME TO FALL SESSION 2010!

#### FREE PILATES—SEPTEMBER 7-11

**Tuesday 6:30-7:30 pm, Wednesday 60+ - 11:30am, Sunday 11am**

Maximum of 4 people per class. Sign up today and discover for yourself how Pilates can change the way your body looks, functions and feels.

#### NEW TO PILATES? Choose from

1. Intro to Pilates classes (max 4 clients per class)
2. Jumpstart Package—3 privates, body composition analysis and postural assessment

#### EARLY REGISTRATION—September 9—17, 2010

Clients from the Spring session will have their class spot reserved from September 9 – 20th.

**NEW classes** are open for registration immediately.

#### PROELLIXE AND STUDIO HOURS

**Monday—Thursday: 8:00 am—7:00 pm ● Friday: 8 am-6 pm ● Saturday: 9 am-1 pm**

## PILATES

### INTRODUCTION TO PILATES EQUIPMENT/PILATES FOR TEENS

New to Pilates or the Apparatus? Start with our Intro to Pilates—Group or Private and experience how Pilates can change the way your body looks, functions, and feels. Instructors are certified and experienced. This is where quality counts! Maximum of 4 clients/class.

### PILATES MATWORK + PROPS

Gain strength and endurance. Combine Matwork exercises with the dynamic Gymstick, Bosu, flex band and stability ball to improve posture, core and back strength along with total body conditioning. Maximum of 8 clients/class.

### PILATES 60+

Pilates is a perfect form of exercise for older adults. It is smooth and easy on the joints, focuses on breathing and quality-controlled movements. Strengthen postural muscles for back health. Improve core strength, leg strength, balance and agility. Increase your confidence with a strong, able body. Great for your golf game! Maximum of 4 clients/class.

### HEALTHY BACK—NEW!

For clients who suffer from chronic back pain and who have been told they need to strengthen their “core”. Receive an assessment and movement recommendations from either our Physiotherapist or yours and then work with our Healthy Back Instructor 1-3x per week. The Physiotherapist and Healthy Back Instructor will work together to ensure your exercise program matches your personal needs. If you are under the care of a physiotherapist already, we can work with him/her to ensure streamlined care. Private Instruction only.

### PILATES 1

For individuals who have completed the Introduction to Pilates (group or private) and are ready to move into the next level. Maximum of 4 clients/class.

### PILATES 2

A strong class that combines all aspects of a Pilates Practice. Enjoy variety and challenge in this progressive class. \*Clients will be guided into classes with similar levels of experience and needs. Maximum of 4 clients/class.

### PILATES 3

Be ready to learn intermediate and advanced Pilates exercises at a faster pace. Enjoy variety and challenge in this progressive class. \*Clients will be guided into classes with similar levels of experience and needs. Maximum of 4 clients/class.

### POWER PILATES—NEW

A more athletic based class taking your basic Pilates exercises and making them stronger. No fancy stuff here. Just clean and simple exercises done with strength and power. Caution: you may work up a bit of a sweat in this class. Maximum of 4 clients/class.

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## MIND-BODY FITNESS

### STRETCH WORKOUT—NEW!

Flexibility is related to how our body moves, how strong we can become and our metabolism. If muscle stiffness, limited range of motion affect your day, sleep, sport or energy, then this is a must attend class. This is a stretch **workout**. Leave feeling stretched, released from muscle tension and solid on your feet.

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## SPORTS CONDITIONING AND POST-INJURY REHABILITATION

### *Equestrian, Golf, Racquet Sports, Running, Cycling, Swimming, Soccer, Triathletes, Rugby....*

All of our programs provide superior conditioning for any sport as we address the proper function of the body. By balancing your posture and increasing your strength, flexibility and range of motion, you will improve performance, decrease pain and enjoy your game or sport for years to come. Call today for more information or to book a complimentary consultation.

## PRICE LIST SEPTEMBER 7—DECEMBER 19, 2010

### South Delta's Premier Pilates, Fitness and Health Studio.

| PRIVATE INSTRUCTION  | Price   | * prices do not include HST  |
|--|---|--|
| Introduction to Pilates—five—45 minutes privates   | \$260   |  |
| Private—1 session  | \$ 70   |  |
| Private—5 sessions   | \$325   |  |
| Private—10 sessions  | \$600   |  |
| Private- 20 sessions   | \$1100  |  |
| Duet - 1 session   | \$ 50 per person  |  |
| Duet—5 session   | \$237.50 per person   |  |
| Duet—10 sessions   | \$450 per person  |  |
| Duet—20 sessions   | \$800 per person  |  |
| <b>INTRODUCTION TO PILATES</b> Maximum of 4 clients per class.<br><i>* add one private per month for only \$60 (save \$10)</i><br><i>* add Total Body Vibration membership for only \$89 (save \$26 / month)</i> |   | SESSION 1—Sept 13—Oct 31, 2010<br>SESSION 2—Nov 1—Dec 19, 2010<br>* prices do not include HST                              |
| 1 Class/week   | \$196 (7 classes)   |  |
| 1 Class + 1 Private/ week for 7 weeks -SAVE \$70 on privates!  | \$196 for class + \$420 for 7 privates (save \$70) = \$651        |  |
| 2 Classes per week— SAVE \$28  | \$364 (14 classes)  |  |
| <b>GROUP PILATES</b> - Maximum of 4 clients per class.<br><i>*add one private per month for only \$60 (save \$10/private)</i><br><i>* add Total Body Vibration membership for only \$89 (save \$26 / month)</i>  |   | Sept 7-Dec 19, 2010 (15 weeks)<br>* Monthly Payment Plans available. Inquire at front desk.<br>* prices do not include HST |
| 5 Class Drop-in Card   | \$140   |  |
| 1 Class/week   | 2 payments of \$210 each (August 31 & Oct 25) - 15 classes        |  |
| 2 Classes/Week - SAVE \$60!  | 2 payments of \$390 each (August 31 & Oct 25) - 30 classes        |  |
| 3 Classes/Week —SAVE \$135!  | 2 payments of \$562.50 each (August 31 & Oct 25) - 45 classes     |  |
| <b>PILATES MATWORK</b>   |   | * prices do not include HST  |
| Pilates Matwork (max 8 clients per class)  | 2 payments of \$135 each (August 31 & Oct 25)                     |  |
| <b>NUTRITION / FITNESS TESTING / PHYSIOTHERAPY HEALTHY BACK</b>  |   | * prices do not include HST  |
| Nutrition Coaching—4 Week Weight Loss and Health Program   | \$389(health insurance may cover cost. Inquire at front desk.)    |  |
| Resting Metabolic Rate Testing   | \$90  |  |
| Cardiovascular Fitness Assessment  | \$65  |  |
| Postural Assessment and Home Core Exercise Program   | \$95  |  |
| Physiotherapy Healthy Back Assessment  | \$165 (health insurance may cover expense. Inquire at front desk) |  |



**Tsawwassen Wellness Centre**

**5514 12th Ave (beside Panago Pizza)**

**604.943.8823 • www.twconline.ca**