



TSAWWASSEN WELLNESS CENTRE

Class Schedule January 3—April 1, 2012.

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:30 am	Intro to Pilates - PT starts Jan 16	Pilates 1 60+ AJ	Pilates 1—AJ		Pilates 2 AJ	Pilates 1-JB	
9:30-10:30 am	Pilates 1-PT	Pilates 2-LM	Pilates 1-LM	Pilates 3 -AJ	Pilates 2-AJ	Pilates 1-JB	Pilates 1-JB 9:00-10:00 am
10:30-11:30 am	Pilates 1—PT	Pilates 3-LM	Pilates Stretch LM	Pilates 2-AJ	Pilates 1 for 60+ -AJ	Pilates 2-B 10:45-11:45	Pilates 2-JB 10:00-11:00 am
11:30-12:30 pm	Pilates & Stretch 2 for 60+ 11:30-12:45-LM		Pilates 1 -LM	Pilates 1 for 60+ -AJ	Intro to Pilates for 60+ starts Jan 16	Pilates 3-JB 12:00—1:00	Pilates 1 11:00-12:00-JB
1:00—2:00 pm			Pilates 2-LM	Pilates 1-LM	Power Pilates -LM 1:00-2:00 pm		Yoga-Infused Stretch-JB 12:15-1:15 pm
2:00-3:00 pm	Pilates 2-LM						
4:00-5:00 pm		Pilates 1-AJ 4:30-5:30 pm	Pilates 1 60+ -LM		Pilates 2-JB 4:30-5:30 pm		INSTRUCTORS AJ —Anne Johnson AW —Allyson Webster BM —Brenda Straker JB —Jodi Butchart LM —Linda Mallard PT —Patricia Tufts
5:00-6:00 pm	Pilates 2-AJ	Pilates 2-JB 5:30—6:30 pm	Intro to Pilates PT starts Jan 16	Pilates 1-PT 4:45-5:45 pm	Pilates 2 -JB 5:30-6:30 pm		
6:00-7:00 pm	Pilates 3-AJ	Pilates 1-JB 6:30-7:30 pm	Pilates 1 -PT	Pilates 2 6:00-7:00 pm -PT			
7:00-8:00 pm	Pilates 1 -AJ	Yoga-Infused Stretch-JB 7:30-8:30 pm	Advanced Matwork-PT	Pilates 1-BS 7:00-8:00 pm			

WELCOME TO WINTER SESSION 2012.!

The schedule above is subject to change based on enrollment and client requests .

- **One-on-one Instruction** sessions are scheduled from 6:00am—8:00 pm Monday—Friday and 8:00am-5:00 pm Saturdays and Sundays. Contact the Studio for bookings.
- Instructors are subject to change without notice.
- **Can't make your class?** Early cancel a minimum of 24 hours prior to your class and schedule a make-up. Make-ups are based on class availability. Make-ups are NOT guaranteed, but we will do our best to help you fit them in.
- **Late cancels** (“no shows” or cancellations on the day of your class) will be counted as attended.
- **Please arrive to class on time.** Students will not be permitted to enter class 10 minutes after session has begun.
- **Cell phones** must be turned off. If you are expecting an important call. Please leave your phone with the front desk.

604.943.8823 • www.twconline.ca • 5514 12th Ave, Tsawwassen, BC



FRONT DESK AND PROELLIXE HOURS:

**MONDAY—THURSDAY—8:00 am—7:00 pm; FRIDAY 8:00 am—6:00 pm;
SATURDAY 9:00 am—1:00 pm**

PRICE LIST January 3—April 1, 2012

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

PRIVATE INSTRUCTION—all sessions 60 minutes	Price	* prices do not include HST
Jumpstart Package—3 privates/assessment/report & 6 vibration sessions—1 purchase per client	\$179 (SAVE \$60)	
Clinical Pilates for Rehabilitation	\$130 per session with Trish Prevost, PT	
Private—1 session	\$ 75	
Private—5 sessions	\$350	
Private—10 sessions	\$650	
Private- 20 sessions (Inquire about our monthly payment plan!)	\$1200	
Duet - 1 session	\$ 55 per person	
Duet—5 session	\$262.50 per person	
Duet—10 sessions	\$500 per person	
Duet—20 sessions (Inquire about our monthly payment plan!)	\$900 per person	
INTRODUCTION TO PILATES Maximum of 4 clients per class.		
<ul style="list-style-type: none"> • add one private per month for only \$70 /month * add Total Body Vibration membership for only \$89 (save \$26 / month) 	SESSION 1—January 16—March 4 * 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)	
GROUP PILATES - Maximum of 4 clients per class.		
<ul style="list-style-type: none"> *add one private per month for only \$70 /month * add Total Body Vibration membership for only \$89 (save \$26 / month) 	WINTER SESSION—January 3—April 1—13 weeks * Monthly Payment Plans available. Inquire at front desk. * Prices do not include HST	
5 Class Drop-in Card	\$150	
1 Class/week (NB: Mon 11:30 is 1 hr 15 mins. Price is reflected of time.)	\$29/class (Total price will be calculated at time of registration. # of classes added up and then payment plan will be set)	
2 Classes/Week	\$28 / class	
3 Classes/Week	\$27 / class	
<ul style="list-style-type: none"> • Family rates—combine your classes to receive the lowest price point per class. Price points are \$29/class for 1 class/week; \$28/class for 2 classes per week; \$27/class for 3 classes per week. • WANT TO PAY IN FULL? PRICE POINT WILL BE REDUCED BY \$1 PER CLASS FOR SAVINGS FROM \$13—\$45. • Where there are no classes due to holidays, there is no charge and therefore total cost will be calculated at time of registration. 		
NUTRITION / TRIGGER POINT BODYWORK / PHYSIOTHERAPY HEALTHY BACK * prices do not include HST		
Nutrition Coaching—4 Week Weight Loss and Health Program	\$389	
Resting Metabolic Rate Testing	\$90	
Trigger Point—1st Appointment—assessment and treatment	\$85	
Trigger Point—1 hour appointment	\$70	
Physiotherapy Healthy Back Assessment	\$165 (Health insurance may cover expense. Inquire at front desk)	

Refund Policy: no refunds after the 2 week of classes unless accompanied by a medical note.



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