

**DANCE, YOGA, PILATES**
**Pilates**
**PILATES**

A safe, challenging, and revitalizing workout for stronger, leaner, longer muscles, and increased flexibility and relaxation. Level 2 is a continuation from Level 1 adding a more diverse array of exercises.

Course Title	Dates	Day	Time	Instructor	Member	Non-Member
Pilates 2	Sept 13-Oct 25 Nov 1-Dec 13	Monday	5:30-6:25 pm	Mia Soehn	Included	N/A
Pilates 1	Sept 13-Oct 25 Nov 1-Dec 13	Monday	7:30-8:25 pm	Nicole Lakas	Included	N/A
Pilates 1/2	Sept 7-Oct 26 Nov 2-Dec 14	Tuesday	12:00-12:55 pm	Sharon McAuley	Included	N/A
Pilates 2	Sept 8-Oct 27 Nov 3-Dec 15	Wednesday	12:00-12:55 pm	Mia Soehn	Included	N/A

**PILATES – TOOLBOX**

Challenge your pilates workout by using a variety of our small equipment. Must have completed Level 1 prior to taking this class.

Dates	Day	Time	Instructor	Member	Non-Member
Sept 13-Oct 25 Nov 1-Dec 13	Monday	6:30-7:25 pm	Mia Soehn	Included	N/A

**REGISTRATION FOR SEPTEMBER 9 TO OCTOBER 31 SESSION STARTS AUGUST 9**  
**REGISTRATION FOR NOVEMBER 1 TO DECEMBER 19 SESSION STARTS OCTOBER 4**

**Classes will be cancelled 48 hours prior to start date if insufficient registration is received.**

**Don't delay — register today!**

No classes on statutory holidays

**www.victoriay.com**

Charitable Registration No. 10822-5566-RR0001

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