

PILATES, FUSION & ON THE BALL

Pilates is a safe, challenging, & revitalizing workout for stronger, leaner, longer muscles, and increased flexibility & relaxation.

PILATES LEVEL 1							
	Dates	Day	Time	Instructor	Location	Member	Non-Member
Beginner	April 28-June 16 July 7-August 18	Monday	12:00-12:55pm	Justina Bailey	DTY	Included	7/\$61 7/\$61
	Ongoing	Monday	7:30-8:25pm	Mia Soehn	DTY	Included	Drop-in fee
	April 28-June 16 June 23-August 11	Monday	7:30-8:30pm	Justina Bailey	VWY	Fee:	7/\$57 7/\$57
	May 1-June 19 June 26-August 14	Thursday	6:30-7:30pm	Justina Bailey	VWY	Fee:	8/\$65 8/\$65

PILATES LEVEL 1/2							
	Dates	Day	Time	Instructor	Location	Member	Non-Member
Beginner to intermediate	April 30-June 18 July 2-August 20	Wednesday	12:00-12:55pm	Mia Soehn	DTY	Included	8/\$69 8/\$69
	Ongoing	Friday	11:00-11:55am	Justina Bailey	DTY	Included	Drop-in fee

PILATES LEVEL 2							
	Dates	Day	Time	Instructor	Location	Member	Non-Member
Intermediate	April 28-June 16 July 7-August 18	Monday	5:30-6:25pm	Mia Soehn	DTY	Included	7/\$61 7/\$61
	April 28-June 16 June 23-August 11	Monday	6:30-7:30pm	Justina Bailey	VWY	Fee	7/\$57 7/\$57

PILATES TOOLBOX							
	Dates	Day	Time	Instructor	Location	Member	Non-Member
Intermediate	April 28-June 16 July 7-August 18	Monday	6:30-7:25pm	Mia Soehn	DTY	Included	7/\$61 7/\$61

FUSION FITNESS							
Yoga, Pilates and fitness combined.							
	Dates	Day	Time	Instructor	Location	Member	Non-Member
Intermediate	April 30-June 18 July 2-August 20	Wednesday	7:15-8:10pm	Donna Porter	DTY	Included	8/\$72 8/\$72

No classes on statutory holidays

DTY = Downtown Y VWY = Vic West Y

ON THE BALL					
	Dates	Day	Time	Location	Fee
All levels	April 28-June 16	Monday	5:30-6:30pm	VWY	7/\$57
	June 23-August 11				7/\$57
	May 1-June 19	Thursday	5:30-6:30pm	VWY	8/\$65
	June 26-August 14				8/\$65

COURSE REGISTRATION GUIDELINES

- We will issue credits or refunds before the second lesson. Sorry, no refunds or credits for dates of classes that have passed.
- A \$5 administration charge plus the cost of one class applies to all refunds unless accompanied by a medical note.
- Classes with insufficient registration will be cancelled and a full refund or credit will be issued.

PLEASE NOTE:

- We reserve the right to change schedules and prices.
- All applicable taxes applied on registration completion.
- Programs do not run on statutory holidays.



Sometimes we have to cancel great programs led by great instructors because everyone waited until the last minute to register. Please register at least one week in advance to avoid disappointment.

No classes on statutory holidays

DTY = Downtown Y VWY = Vic West Y

www.victoriay.com

Charitable Registration No. 10822-5566-RR0001

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Vic West Y
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Phone: 250.388.6120 **Fax:** 250.388.6455