

PILATES & FUSION

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	January 7-February 25 March 3-April 21 ■	Monday	12:00-12:55pm	Justina Bailey	DTY	Included	8/\$69 7/\$61
	January 7-February 25 March 3-April 21 ■	Monday	7:30-8:25pm	Mia Soehn	DTY	Included	8/\$69 7/\$61
	January 7-February 25 March 3-April 21 ■	Monday	7:30-9:30pm	Justina Bailey	VWY	Fee:	8/\$69 7/\$61
	January 10-February 28 March 6-April 24	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	January 9-February 13 March 5-April 23	Wednesday	12:00-12:55pm	Mia Soehn	DTY	Included	8/\$69 8/\$69
	January 11-February 29 March 7-April 25 ■	Friday	12:00-12:55pm	Justina Bailey	DTY	Fee	8/\$69 7/\$61
PILATES LEVEL 2							
	Dates	Day	Time	Instructor	Location	Member	Non-Member
Intermediate	January 7-February 25 March 3-April 21 ■	Monday	5:30-6:25pm	Mia Soehn	DTY	Included	8/\$69 7/\$61
	January 7-February 25 March 3-April 21 ■	Monday	6:30-7:30pm	Justina Bailey	VWY	Fee	8/\$65 7/\$57
PILATES TOOLBOX							
	Dates	Day	Time	Instructor	Location	Member	Non-Member
Intermediate	January 7-February 25 March 3-April 21 ■	Monday	6:30-7:25pm	Mia Soehn	DTY	Included	8/\$69 7/\$61
FUSION FITNESS							
Yoga, Pilates and fitness combined.							
	Dates	Day	Time	Instructor	Location	Member	Non-Member
Intermediate	January 9-February 13 March 5-April 23 ■	Wednesday	7:15-8:10pm	Donna Porter	DTY	Included	8/\$72 8/\$72
ON THE BALL							
	Dates	Day	Time	Location	Fee		
All levels	January 7-February 25 March 3-April 21 ■	Monday	5:30-6:30pm	VWY	8/\$65 7/\$57		
	January 10-February 28 March 6-April 24	Thursday	5:30-6:30pm	VWY	8/\$65 8/\$65		

■ No class March 21 or March 24

No classes on statutory holidays

DTY = Downtown Y VWY = Vic West Y