

PILATES
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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
Level 2	July 5-August 23	Monday	5:30-6:25 pm	Mia Soehn	Included	N/A
Level 1	July 5-August 23	Monday	7:30-8:25 pm	Nicole Lakas	Included	N/A
Level 1/2	July 6-August 3	Tuesday	12:00-12:55 pm	Justina Bailey	Included	N/A
Level 1/2	July 7-August 25	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
July 5-August 23	Monday	6:30-7:25 pm	Mia Soehn	Included	N/A

REGISTRATION FOR JULY 5 TO AUGUST 29 SESSION STARTS JUNE 7

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

DTY = Downtown Y VWY = Vic West Y

www.victoriay.com

Charitable Registration No. 10822-5566-RR0001

Downtown Y

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