



Winter 2012 Schedule - Cambridge

January 2 – March 31 (13 weeks)

(No classes on Monday February 20th for Family Day)

~Please bring your own hand towels to class~

Monday (11 wks)	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am – 8:25am Triple Circuit ~ Michelle ~					
Private/Semi-Private Sessions (email pilates@grsm.ca to book)	Private/Semi-Private Session (email pilates@grsm.ca to book)	Private/Semi-Private Sessions (email pilates@grsm.ca to book)	Private/Semi-Private Session (email pilates@grsm.ca to book)	Private/Semi-Private Session (email pilates@grsm.ca to book)	8:30am-9:25am Core Connexion ~Dana ~
	9:30am-10:25am Triple Circuit ~ Meaghan ~				9:30am-10:25am BOSU ~Dana ~
5:30-6:30pm Stretch & Flex ~Michelle~	Yoga with Halina Michell. Please call 519-620-0416 for more information.	5:30pm – 6:25pm On the Ball ~ Michelle ~	Yoga with Halina Michell	New to Pilates?? Ask about our Quick Start Program!	
6:30pm – 7:25pm On the Ball ~ Michelle ~		6:30pm – 7:25pm Core Connexion ~ Meaghan ~	6:30pm – 7:25pm Stretch & Flex ~ Sara ~		
		7:30pm-8:25pm Total Body Tone ~ Dana ~			
					Legend: Light – Comfortable Medium – Moderate Dark - Difficult
Notes: We require at least 5 participants to run a class.					

REFER-A-FRIEND PROGRAM – Clients who refer a friend that registers for a class will receive a card for a FREE class (\$17.00 value!)

GRSM PILATES POLICIES:

- Registration on a first-come, first-served basis – with appropriate payment.
- No refunds.
- Two (2) make-up classes per session.
- 24 hours notice for cancellation.
- Payment plan option available upon request.

**For more information, visit our website at www.grsm.ca
or email pilates@grsm.ca**

To register: please visit GRSM at 40 George St. N or call 519-622-4529

Our Pilates studio is located at 135 George St. N (across from Dickson arena, beside Napa Restaurant).

Please see back of schedule for a list of class descriptions and prices!

GRSM Pilates

Class Descriptions:

Stretch & Flex – A gentle-paced mat class that incorporates flexibility and strengthening for a balanced workout.

Triple Circuit – 3 pieces of small equipment means 3 times the core workout! It will challenge your strength, endurance and flexibility while getting results!

Total Body Tone (T.B.T) – Total Body Toning with the mat and small equipment. This class is a step up from Triple Circuit and Core Connection and it will make you sweat!

Core Connection – Target your core, shoulders and glutes on the mat with the integration of small equipment. You will improve your strength, flexibility and endurance.

BOSU – Challenge your core on this versatile piece of equipment, along with an intermediate-advanced workout that focuses on total body stability and toning. Balance+stability+coordination+endurance= one challenging and effective core workout!

On the Ball – Use the stability ball, flexball and/or the toning balls to challenge your core strength and balance, while integrating upper and lower extremity strengthening.

Prices

1 class per week - \$15 per class (+HST)

2 classes per week - \$12 per class (+HST)

3 classes per week - \$10.50 per class (+HST)

Flex pass- \$17 (+HST) per class (5 class minimum required)