



**Winter 2012 Schedule - Kitchener**  
*January 2-March 31 (12 weeks)*

~Please bring your own hand towels to class~

| <b>Monday</b><br><i>(12 weeks)</i>   | <b>Tuesday</b>   | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>   | <b>Saturday</b>   |
|--|--|--|---|---|---|
| 7:30am-6:30pm<br><br>Private and Semi-Private sessions<br><br>Please email <a href="mailto:meaghan@grsm.ca">meaghan@grsm.ca</a> to book a session. | 7:30am-6:30pm<br><br>Private and Semi-Private sessions<br><br>Please email <a href="mailto:meaghan@grsm.ca">meaghan@grsm.ca</a> to book a session. | 7:30am-6:30pm<br><br>Private and Semi-Private sessions<br><br>Please email <a href="mailto:meaghan@grsm.ca">meaghan@grsm.ca</a> to book a session. | 7:30am-6:30pm<br><br>Private and Semi-Private sessions<br><br>Please email <a href="mailto:meaghan@grsm.ca">meaghan@grsm.ca</a> to book | 7:30am-2:00 pm<br><br>Private and Semi-Private sessions<br><br>Please email <a href="mailto:meaghan@grsm.ca">meaghan@grsm.ca</a> to book a session. |   |
|  |  | <b>Legend:</b><br>Light – Comfortable<br>Medium – Moderate<br>Dark - Difficult   |   |   | <b><u>New to Pilates??</u></b><br>Join our<br><b>Quick Start Program!</b><br><br>For only \$140+HST you get: <ul style="list-style-type: none"> <li>• 2 private sessions</li> <li>• 5 classes</li> </ul> (\$225 value!) |
|  | 7:30pm-8:30pm<br><b>Core Connection</b><br>~Meaghan~   |  | 7:30pm-8:30pm<br><b>Essential Pilates</b><br>~Meaghan~  |   |   |
| <b>Notes:</b> 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](http://www.grsm.ca) or email [kitchener@grsm.ca](mailto:kitchener@grsm.ca)**

**To register:** please visit GRSM at 700 Strasburg Rd. (Forest Glen Plaza) or call 519-571-7111

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

## ***Class Descriptions:***

**Essential Pilates** – New to pilates? This is the class for you! We'll learn the 5 basic principles and the essential series of mat exercises for a great core workout.

**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.

## **Prices**

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

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

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