

Revitalize

Massage Therapy & Pilates

Spring 2024 Pilates Class Schedule Spring session runs April 7 – June 27/24

Mat classes - maximum of 8 students per class
Reformer classes – maximum of 3 students per class
Prices include HST

SUNDAY (Apr 7 – June 23/24. 10 classes – No classes Apr 21 & May 19)

8-8:45am	Reformer	\$300	Cheryl
9-9:45am	Reformer	\$300	Cheryl
10-10:45am	Reformer	\$300	Cheryl
11-11:45am	Reformer	\$300	Cheryl

MONDAY (Apr 8 – June 24/24. 11 classes. No class May 20)

9:15-10am	Reformer	\$330	Wendy
4:15-5pm	Reformer	\$330	Cheryl
5:15-6pm	Reformer	\$330	Cheryl
6:15-7pm	Reformer	\$330	Cheryl
7:15-8pm	Reformer	\$330	Cheryl
8:15-9pm	Reformer	\$330	Cheryl

TUESDAY (Apr 9 – June 25/24. 10 classes. No classes June 4 & 11)

7-7:45am	Reformer	\$300	Emily
8-8:45am	Reformer	\$300	Emily
9-9:45am	Reformer	\$300	Emily

THURSDAY MORNING (Apr 11 – June 27/24. 11 classes. No class May 30)

10:30-11:15am	Mat 3	\$198	Wendy
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THURSDAY EVENING (Apr 11 – June 27/24. 9 classes. No classes April 18, May 2 & June 6)

6-6:45pm	Mat	\$162	Emily
7-7:45pm	Mat	\$162	Emily
8-8:45pm	Mat	\$162	Emily

FRIDAY (April 19 – June 21/24. 9 classes. No class May 31)

9:15-10am	Mat	\$162	Wendy
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Policies:

- Makeup classes are NOT guaranteed (we will try our very best to accommodate you)
- Missed classes cannot be carried over to the next session
- All payments are non-refundable and non-transferrable
- To reserve your space, please send payment to revitalizecaledonia@gmail.com
- All payments must be received prior to the first class
- Sign up for 2 classes per week and receive 15% off the second class

Pilates Personal Training:

Private Sessions (one student, one instructor)

Length of session (minutes)	Cost / Session
25	\$60
40	\$70
55	\$80

Semi-private Sessions (two students, one instructor)

Length of session (minutes)	Cost / Session
25	\$35/student
40	\$40/student
55	\$45/student

When you sign up for a class at Revitalize, that time and space is reserved for you. Our instructors take time to plan for each class and the exercises taught are based on the abilities of those in the class. Our aim is to specifically cater each class to the individual needs of each student. This is the benefit of small classes.

Follow us on FACEBOOK

www.facebook.com/RevitalizeMassageTherapyPilates

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