

2023/2024 Session Dates & Fees

Classes	Sept 11/23 - Dec 15/23	Jan 03/24 - Jun 14/24
<u>Daytime Classes</u>		
09:35 Aerostrength (Monday, Wednesday & Friday)	2x/week: \$245 3x/week: \$357	2x/week: \$385 3x/week: \$561
10: 35 Light Workout (Monday & Wednesday)	2x/week: \$245	2x/week: \$385
10: 35 Energy Stretch (Friday)	1x/week: \$140	1x/week: \$220
11:35 Strength & Flexibility (Monday) & (Friday) Strength for Mobility (Wednesday)	1x/week: \$126 2x/week: \$245 3x/week: \$357	1x/week: \$198 2x/week: \$385 3x/week: \$561
6:30 PM Pilates & more for your Core (Wednesday) <i>This class will be offered virtually</i>	1x/week: \$140	1x/week: \$220

No classes during March Break (11th to 15th) or Good Friday (March 29th), Easter Monday (April 1st), or Victoria Day (May 20th)