

## 2024/2025 Session Dates & Fees

Classes	Sept 9/24 – Dec 13/24	Jan 6/25 – Jun 13/25
<b><u>Daytime Classes</u></b>		
<b>9:30 Aerostrength</b> (Monday, Wednesday & Friday)	2x/week: \$245 3x/week: \$357	2x/week: \$385 3x/week: \$561
<b>10:30 Light Workout</b> (Monday & Wednesday)	2x/week: \$245	2x/week: \$385
<b>10:30 Energy Stretch</b> (Friday)	1x/week: \$140	1x/week: \$220
<b>11:30 Strength &amp; Flexibility</b> (Monday & Friday) <b>Strength for Mobility</b> (Wednesday)	1x/week: \$126 2x/week: \$245 3x/week: \$357	1x/week: \$198 2x/week: \$385 3x/week: \$561
<b>6:30 PM Pilates &amp; more for your Core*</b> (Wednesday) <i>*This class will be offered virtually</i>	1x/week: \$140	1x/week: \$220

No classes during March Break (10th to 14th) or Good Friday (April 18th), Easter Monday (April 21st), or Victoria Day (May 19th), Fun Fare (May 31st)