

2026/2027 Session Dates & Fees

Classes	Sept 14/26 - Dec 18/26	Jan 04/27 - Jun 11/27
<u>Daytime Classes</u>		
09:30 Aerostrength (Monday, Wednesday & Friday)	2x/week: \$275 3x/week: \$400	2x/week: \$413 3x/week: \$600
10: 30 Light Workout (Monday & Friday)	2x/week: \$275	2x/week: \$413
10: 30 Energy Stretch (Wednesday)	1x/week: \$160	1x/week: \$250
11:30 Strength & Flexibility (Monday) & (Friday) Strength for Mobility (Wednesday)	1x/week: \$145 2x/week: \$275 3x/week: \$400	1x/week: \$218 2x/week: \$413 3x/week: \$600
6:30 PM Pilates & more for your Core (Wednesday) <i>This class will be offered virtually</i>	1x/week: \$160	1x/week: \$260

*No classes during March Break (15th to 19th) or Good Friday (March 26th),
Easter Monday (March 29th), or Victoria Day (May 24th), Fun Fare (June 4th)*