

# Revitalize

## Massage Therapy & Pilates

### FALL 2025 PILATES CLASS SCHEDULE

Prices are for the full session and include HST.

#### SUNDAY (Sept 7 – Dec 14/25. 15 classes)

|               |                    |       |     |
|---------------|--------------------|-------|-----|
| 9:30-10:15am  | Reformer level 1   | \$450 | Amy |
| 10:30-11:15am | Reformer level 2/3 | \$450 | Amy |
| 11:30-12:15pm | Reformer level 1/2 | \$450 | Amy |

#### MONDAY A.M. (Sept 8 – Dec 8/25. 13 classes. No class Oct 13<sup>th</sup>)

|           |                           |       |       |
|-----------|---------------------------|-------|-------|
| 9:15-10am | Reformer - Active Seniors | \$390 | Wendy |
|-----------|---------------------------|-------|-------|

#### MONDAY P.M. (Sept 8 – Dec 1/25. 11 classes. No classes Oct 13 & 20<sup>th</sup>)

|          |                  |       |     |
|----------|------------------|-------|-----|
| 5-5:45pm | Reformer level 2 | \$330 | Sam |
| 6-6:45pm | Reformer level 3 | \$330 | Sam |
| 7-7:45pm | Reformer level 2 | \$330 | Sam |
| 8-8:45pm | Reformer level 3 | \$330 | Sam |

#### TUESDAY A.M. (Sept 9 – Dec 16/25. 13 classes. No classes Sept 30 & Nov 11)

|             |                    |       |       |
|-------------|--------------------|-------|-------|
| 7:15-8am    | Reformer level 2/3 | \$390 | Emily |
| 8:15-9am    | Reformer level 2   | \$390 | Emily |
| 9:15 – 10am | Reformer level 2   | \$390 | Emily |
| 10:15-11am  | Reformer level 1/2 | \$390 | Emily |
| 11:15-12pm  | Reformer level 1/2 | \$390 | Emily |

#### TUESDAY P.M. (Sept 9 – Dec 16/25. 15 classes)

|             |             |       |      |
|-------------|-------------|-------|------|
| 6:30-7:15pm | Mat Level 2 | \$270 | Andi |
| 7:30-8:15pm | Mat Level 1 | \$270 | Andi |

#### WEDNESDAY (Sept 10 – Dec 16/25. 14 classes)

|             |                    |       |     |
|-------------|--------------------|-------|-----|
| 5:30-6:15pm | Reformer level 1   | \$420 | Amy |
| 6:30-7:15pm | Reformer level 1   | \$420 | Amy |
| 7:30-8:15pm | Reformer level 2/3 | \$420 | Amy |

#### THURSDAY A.M. (Sept 11 – Dec 11/25. 14 classes)

|               |                      |       |       |
|---------------|----------------------|-------|-------|
| 10:30-11:15am | Mat - Active Seniors | \$252 | Wendy |
|---------------|----------------------|-------|-------|

#### THURSDAY P.M. Reformer classes (Sept 11 – Dec 18/25. 14 classes. No classes Nov 6<sup>th</sup>)

|          |                    |       |       |
|----------|--------------------|-------|-------|
| 4:15-5pm | Reformer level 1/2 | \$420 | Emily |
| 5:15-6pm | Reformer level 1/2 | \$420 | Emily |
| 6:15-7pm | Reformer level 2/3 | \$420 | Emily |
| 7:15-8pm | Reformer level 2   | \$420 | Emily |
| 8:15-9pm | Mat level 2/3      | \$252 | Emily |

#### FRIDAY (Sept 12 – Dec 12/25. 13 classes. No classes Sept 26<sup>th</sup>)

|           |             |       |       |
|-----------|-------------|-------|-------|
| 9:15-10am | Mat level 2 | \$234 | Wendy |
|-----------|-------------|-------|-------|

#### Class 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 email us at [revitalizecaledonia@gmail.com](mailto:revitalizecaledonia@gmail.com). Once your space has been reserved, you will receive a confirmation email (all payments must be received within 48 hours of receiving your confirmation email). Please send payment via e-transfer to the above email address.
- Sign up for 2 classes per week and receive 15% off the second class
- Occasionally, we need to reschedule classes if an instructor is ill. In these circumstances, an extra class will be added to the end of the session.
- Mat classes – maximum of 8 students per class
- Reformer classes – maximum of 3 students per class

**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.**

#### Class Levels:

**Level 1** – perfect for beginners or for those with injuries that prevent them moving to a higher level

**Level 2** – aimed at those who have some Pilates experience and are looking to increase strength and mobility

**Level 3** – a faster paced class for those with lots of Pilates experience

**Pilates for Active Seniors (55+)** – these classes are designed for active seniors looking to increase strength and mobility. Must be able to get down to floor and back up unassisted.

**\*\*Private and Semi-private sessions available – contact us for details\*\***

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