

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 13th)

9:15-10am	Reformer - Active Seniors	\$390	Wendy
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MONDAY P.M. (Sept 8 – Dec 1/25. 11 classes. No classes Oct 13 & 20th)

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)

6:15-7am	Reformer level 2	\$390	Emily
7:15-8am	Reformer level 2/3	\$390	Emily
8:15-9am	Reformer level 2	\$390	Emily
9:15 – 10am	Reformer level 1	\$390	Emily
10:15-11am	Reformer level 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

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

10:30-11:15am	Mat - Active Seniors	\$252	Wendy
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THURSDAY P.M. Reformer classes (Sept 11 – Dec 18/25. 14 classes. No classes Nov 6th)

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 26th)

9:15-10am	Mat level 2	\$234	Wendy
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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. 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 4 students per class

DROP-IN CLASSES

New - We are now offering the option to “drop-in” on the following classes:

Tuesday 9:15am – Reformer Level 1

Tuesday 10:15am – Reformer Level 2

Tuesday 6:30pm – Mat Level 2

Tuesday 7:30pm – Mat Level 1

To register for a drop-in class, use the following link:

<https://revitalize.noterro.com>

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****

Follow us on FACEBOOK

www.facebook.com/RevitalizeMassageTherapyPilates

289-260-8704

revitalizecaledonia@gmail.com

www.revitalizemassage.ca

146 Forfar St. W., Unit #202

Caledonia, ON

N3W 1J3