

Revitalize

Massage Therapy & Pilates

SPRING 2025 PILATES CLASS SCHEDULE

Prices are for the full session and include HST.

MONDAY MORNING (Apr 7 – June 23/25. 9 classes. No classes Apr 21, Apr 28 & May 19)

9:15-10am Reformer for Active Seniors \$270 Wendy

MONDAY EVENING (Apr 7 – June 23/25. 10 classes. No classes Apr 21 & May 19)

5-5:45pm Reformer 2 \$300 Sam

6-6:45pm Reformer 2/3 \$300 Sam

7-7:45pm Reformer 2 \$300 Sam

8-8:45pm Reformer 2/3 \$300 Sam

TUESDAY (Apr 8 – June 24/25. 10 classes. No classes May 6 & June 10)

7:15-8am Reformer 2/3 \$300 Emily

8:15-9am Reformer 2 \$300 Emily

9:15 – 10am Reformer 2 \$300 Emily

10:15-11am Reformer 1/2 \$300 Emily

11:15-12pm Reformer 1/2 \$300 Emily

WEDNESDAY (Apr 9 – June 25/25. 11 classes. No class June 11)

9:15-10am Reformer 1 \$330 Sam

10:15-11am Reformer 2/3 \$330 Sam

THURSDAY MORNING (Apr 10 – June 19/25. 10 classes. No class Apr 24 & June 26)

10:30-11:15am Mat for Active Seniors \$180 Wendy

THURSDAY EVENING (Apr 10 – June 26/25. 11 classes. No class June 12)

4:15-5pm Reformer 1 \$330 Emily

5:15-6pm Reformer 1/2 \$330 Emily

6:15-7pm Reformer 2/3 \$330 Emily

7:15-8pm Mat 1/2 \$198 Emily

8:15-9pm Mat 2/3 \$198 Emily

FRIDAY (Apr 11 – June 20/25. 8 classes. No class Apr 18, Apr 25, May 30 & June 27)

9:15-10am Mat 2 \$144 Wendy

SATURDAY (Apr 19 – June 28/25. 8 classes. No classes May 17, May 31 & June 14)

7-7:45am Reformer 2 \$240 Emily

8-8:45am Reformer 1/2 \$240 Emily

9-9:45am Reformer 2 \$240 Emily

10-10:45am Mat 1 \$144 Emily

SUNDAY (April 13 – June 29/25. 10 classes. No classes April 20 & May 18)

9:30-10:15am Reformer 2 \$300 Amy

10:30-11:15am Reformer 1 \$300 Amy

11:30-12:15pm Reformer 1 \$300 Amy

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 send payment to revitalizecaledonia@gmail.com
- All payments must be received prior to the first class
- 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 (65+) – 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

