

Revitalize

Massage Therapy & Pilates

SUMMER 2025 PILATES CLASS SCHEDULE

Prices are for the full session and include HST.

SUNDAY (July 6 – Aug 24/25. 7 classes. No class Aug 3)

9:30-10:15am	Reformer	2	\$210	Amy
10:30-11:15am	Reformer	2/3	\$210	Amy
11:30-12:15pm	Reformer	1	\$210	Amy

MONDAY (July 7 – Aug 25/25. 6 classes. No classes Aug 4 & Aug 18)

5-5:45pm	Reformer	2	\$180	Sam
6-6:45pm	Reformer	2/3	\$180	Sam
7-7:45pm	Reformer	2	\$180	Sam
8-8:45pm	Reformer	2/3	\$180	Sam

TUESDAY A.M. (July 8 – Aug 26/25. 6 classes. No classes July 22 & Aug 5)

7:15-8am	Reformer	2/3	\$180	Emily
8:15-9am	Reformer	2	\$180	Emily
9:15 – 10am	Reformer	2	\$180	Emily
10:15-11am	Reformer	1/2	\$180	Emily
11:15-12pm	Reformer	1/2	\$180	Emily

TUESDAY P.M. (July 8 – Aug 26/25. 7 classes. No class Aug 12)

7:30-8:15pm	Mat	1	\$126	Andi
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WEDNESDAY (July 9 – Aug 27/25. 8 classes.)

9:15-10am	Reformer	1/2	\$240	Sam
10:15-11am	Reformer	2/3	\$240	Sam
5:30-6:15pm	Reformer	2	\$240	Amy
6:30-7:15pm	Reformer	1	\$240	Amy
7:30-8:15pm	Reformer	2/3	\$240	Amy

THURSDAY A.M. (July 10 – Aug 21/25. 6 classes. No classes July 24 & Aug 28)

10:30-11:15am	Reformer - Active Seniors		\$180	Wendy
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THURSDAY P.M. Reformer classes (July 10 – Aug 21/25. 5 classes. No classes July 17, 24 & Aug 28.)

4:15-5pm	Reformer	1/2	\$150	Emily
5:15-6pm	Reformer	1/2	\$150	Emily
6:15-7pm	Reformer	2/3	\$150	Emily

THURSDAY P.M. Mat Classes (July 10 – Aug 21/25. 7 classes. No class Aug 28th)

7:15-8pm	Mat	1/2	\$126	Emily
8:15-9pm	Mat	2/3	\$126	Emily

FRIDAY (July 4 – Aug 29/25. 6 classes. No classes July 18, 25 & Aug 22)

9:15-10am	Mat	2	\$108	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 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 (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

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