

Revitalize

Massage Therapy & Pilates

SUMMER 2026 PILATES CLASS SCHEDULE

Prices are for the full session and include HST.

MONDAY P.M. (July 6 – Aug 31/26. 7 classes. No classes July 27 & Aug 3rd)

5:30-6:15pm	Reformer level 2/3	\$175	Lindsay
6:30-7:15pm	Reformer level 2/3	\$175	Lindsay
7:30-8:15pm	Reformer level 2	\$175	Lindsay

TUESDAY (July 14 – Sept 1/26. 7 classes. No class Aug 4)

6:15-7am	Reformer level 2	\$175	Emily
7:15-8am	Reformer level 2/3	\$175	Emily
8:15-9am	Reformer level 2	\$175	Emily
9:15-10am	Reformer level 1	\$175	Emily

THURSDAY A.M. (July 9 – Aug 13/26. 5 classes – no class Aug 6)

10:30-11:15am	Active Seniors	\$125	Wendy
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this class will be a combination of Mat & Reformer exercises

THURSDAY P.M. (July 16 – Aug 20/26. 5 classes. No class July 30)

4:15-5pm	Reformer level 1/2	\$125	Emily
5:15-6pm	Reformer level 1/2	\$125	Emily
6:15-7pm	Reformer level 3	\$125	Emily
7:15-8pm	Reformer level 2	\$125	Emily
8:15-9pm	Reformer level 2	\$125	Emily

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

Reformer - \$30 plus HST

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

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