

# Revitalize

## Massage Therapy & Pilates

### WINTER 2026 PILATES CLASS SCHEDULE

Prices are for the full session and include HST.

#### SUNDAY (Jan 11 – Mar 29/26. 11 classes. No class Mar 22)

9-9:45am	Reformer level 1/2	\$330	Wendy
10-10:45am	Reformer level 2/3	\$330	Wendy

#### MONDAY A.M. (Jan 5 – Mar 30/26. 12 classes. No class Mar 16<sup>th</sup>)

9:15-10am	Reformer - Active Seniors	\$360	Wendy
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#### MONDAY P.M. (Jan 12 – Mar 30/26. 12 classes.)

5:15-6pm	Reformer level 2	\$360	Lindsay
6:15-7pm	Reformer level 3	\$360	Lindsay
7:15-8pm	Reformer level 2	\$360	Lindsay
8:15-9pm	Reformer level 3	\$360	Lindsay

#### TUESDAY A.M. (Jan 6 – Mar 31/26. 10 classes. No classes Jan 27, Feb 10 & Mar 24)

6:15-7am	Reformer level 2	\$300	Emily
7:15-8am	Reformer level 2/3	\$300	Emily
8:15-9am	Reformer level 2	\$300	Emily
9:15-10am	Reformer level 1	\$300	Emily

#### WEDNESDAY P.M. (Jan 28 – Mar 25/26. 9 classes)

5:15-6pm	Reformer level 1	\$270	Lindsay
6:15-7pm	Reformer level 1/2	\$270	Lindsay
7:15-8pm	Reformer level 2/3	\$270	Lindsay

#### THURSDAY A.M. (Jan 8 – Mar 26/26. 11 classes)

10:30-11:15am	Mat - Active Seniors	\$198	Wendy
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#### THURSDAY P.M. (Jan 8 – Mar 26/26. 11 classes. No classes Feb 12)

4:15-5pm	Reformer level 1/2	\$330	Emily
5:15-6pm	Reformer level 1/2	\$330	Emily
6:15-7pm	Reformer level 2/3	\$330	Emily
7:15-8pm	Reformer level 2	\$330	Emily
8:15-9pm	Mat level 2/3	\$198	Emily

#### FRIDAY (Jan 9 – Mar 27/26. 11 classes. No class Mar 20)

9:15-10am	Mat level 2	\$198	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](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 4 students per class

#### DROP-IN CLASSES

Reformer - \$35 plus HST

Mat - \$22 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\*\***

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[www.facebook.com/RevitalizeMassageTherapyPilates](https://www.facebook.com/RevitalizeMassageTherapyPilates)

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