

Pilates

LEVEL 1

Learn the principles of Pilates to build a strong foundation on which you will develop your repertoire of essential exercises. This slower-paced class is ideal for beginners and anyone looking to refine their technique. You'll also learn how to set up the reformer correctly for your body. Develop strength, balance, and confidence in a supportive environment.

Pilates Reformer Level 1					
DATES	DAY	TIME	INSTRUCTOR	CODE	INVESTMENT
JAN 5 - MAR 30	MONDAYS	10:00 AM	BECKY	PRIA116	\$252
JAN 5 - MAR 30	MONDAYS	1:00 PM	BECKY	PRIA117	\$252
JAN 6 - MAR 31	TUESDAYS	9:00 AM	CARLA	PRIA118	\$273
JAN 6 - MAR 31	TUESDAYS	6:00 PM	ANNA	PRIA119	\$273
JAN 6 - MAR 31	TUESDAYS	7:00 PM	ANNA	PRIA120	\$273
JAN 7 - MAR 25	WEDNESDAYS	11:00 AM	TREASURE	PRIA121	\$252
JAN 8 - MAR 26	THURSDAYS	5:00 PM	TRACEY	PRIA122	\$252
JAN 9 - MAR 27	FRIDAYS	9:00 AM	JO-ANNE	PRIA123	\$252

LEVEL 3

These fast-paced, challenging classes are designed for those who are experienced and confident in Pilates techniques and principles. With a focus on strength, flexibility, and endurance, these advanced classes will elevate your practice. Must have approval from a Reh-Fit Pilates instructor to move to this level.

Pilates Reformer Level 3					
DATES	DAY	TIME	INSTRUCTOR	CODE	INVESTMENT
JAN 6 - MAR 31	TUESDAYS	10:00 AM	CARLA	PIR349	\$273
JAN 8 - MAR 26	THURSDAY	10:00 AM	JO-ANNE	PIR353	\$252

We've simplified how you keep your Pilates spot.

Going forward, if you stay enrolled in the same class for the full session, your spot will automatically be held for you for the next session. Before each new session begins, you'll receive an email reminder with a deadline to confirm whether you'd like to keep your spot. This updated process is designed to reduce registration stress and make it easier **for you to continue in the class you love.**

Registration Opens

Tuesday, Dec 16 at 6:00 am
Online, by phone, or in-person.

LEVEL 2

Take your practice to the next level with moderately paced classes that emphasize form and alignment while providing opportunities to advance your skills. Must have taken Pilates 1 or are experienced and confident in Pilates techniques and principles.

Pilates Reformer Level 2					
DATES	DAY	TIME	INSTRUCTOR	CODE	INVESTMENT
JAN 5 - MAR 30	MONDAYS	11:00 AM	BECKY	PIR2157	\$252
JAN 5 - MAR 30	MONDAYS	6:00 PM	MAUREEN	PIR2160	\$252
JAN 6 - MAR 31	TUESDAYS	11:00 AM	CARLA	PIR2161	\$273
JAN 6 - MAR 31	TUESDAYS	1:00PM	TRACEY	PIR2163	\$273
JAN 8 - MAR 26	THURSDAYS	11:00 AM	JO-ANNE	PIR2171	\$252
JAN 8 - MAR 26	THURSDAYS	12:00 PM	JO-ANNE	PIR2172	\$252
JAN 8 - MAR 26	THURSDAYS	1:00 PM	JO-ANNE	PIR2173	\$252
JAN 8 - MAR 26	THURSDAYS	6:00 PM	TRACEY	PIR2174	\$252
JAN 10 - MAR 28	SATURDAYS	10:00 AM	MAUREEN	PIR2177	\$252

MAT PILATES

with Anna, Pilates Academy International

NEW

Strengthen your core and improve posture, alignment, and body symmetry. Through mindful movement and focused breathing, this class enhances flexibility, mobility, joint health, and balanced muscular strength.

THU: 2:30 – 3:30 pm INVESTMENT
Jan 8 - Mar 26 (12 WEEKS) \$252

PILATES HIP & KNEE

with Maureen, STOTT Pilates (Mondays)
with Tracey, STOTT Pilates (Thursdays)
with Treasure, STOTT Pilates (Fridays)

Following Pilates principles, this class is designed for individuals who want to strengthen their hips and knees using a Reformer.

MON: 4:00 – 5:00 pm INVESTMENT
Jan 5 - Mar 30 (12 WEEKS) \$252 / 12 WEEKS

THU: 4:00 – 5:00 pm
Jan 8 - Mar 26 (12 WEEKS)

FRI: 12:30 – 1:30 pm
Jan 9 - Mar 27 (12 WEEKS)

INTRO REFORMER

with Maureen, STOTT Pilates

This one hour class will introduce you to the reformer (an incredibly versatile piece of equipment) while showing you how to set up and use the reformer safely.

FRI: 2:30 – 3:30 pm INVESTMENT
Jan 9, Feb 6, Mar 6 \$21 per class

CARDIO TRAMP

with Jo-Anne, STOTT Pilates

Experience the perfect fusion of Reformer Pilates and cardio with Cardio Tramp, combining strength-building Reformer exercises with energizing trampoline bursts!

FRI: 10:15 – 11:15 am INVESTMENT
Jan 9 - Mar 27 (12 WEEKS) \$252 / 12 WEEKS

