

2011-2012 January 9 to April 21

NEW Class Schedule



Book your Classes early because there is limited space available, Don't be disappointed

Phone # 1-905-884-4267

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:30- 11:15am TP 16mth-3yrs TP 3-5 YRS 45 MINS		3:00pm		9:00am TP3-5 TP 16mth – 3 yr (45min) AG 1HR
11:00 am AG 2 HRS 9-12 YEARS 13-16 YEARS	1:00pm-4:00pm Private Lessons by Appointment	1:00pm-4:00pm	1:00pm-4:00pm Private Lessons by Appointment	1:00pm-4:00pm Private Lessons by Appointment	1:00pm-4:00pm Private Lessons by Appointment	10:00am AG 1 Hr 6yr AG 1HR 8-10
12:00 pm By appointment	4:00 pm AG 1HR 4-6 YR AG 1HR 6-11YR	4:00 pm AG 1 HOUR	4:00 pm AG 1HR Competitive Routines "NEW"	4:00 pm AG 1 HOUR PRIVATE LESSONS "NEW"	4:00 pm AG 1 HOUR "NEW"	11:00am-1:00pm PT 2HR 13-up Pt 2 HR 7-12
	5:00 pm AG 1HR 4-6 YR AG 1HR 7-12YR	5:00 Pm AG 1 HR 6-11 YRS Power tumbling 1 Hr "NEW"	5:00 pm Competitive Routines 1 hour "NEW"	5:00 pm AG 1 HR PT 2 HR 6-10 yrs	5:00 pm AG 1Hr 8-10yrs AG 1Hr 11-16 yrs	1:00-2:00pm AG 1 Hr 6yr AG 1HR 8-10
	6:00 pm AG 1 hr 4-6 yrs AG 1HR 7-12 yrs	6:00 pm AG 1HR PT 2 hrs	6:00 pm AG 1 HR PT 2 HR	6:00 pm AG 1HR PT	6:00 pm PT 2 HR Competitive	2:00-4:00 pm Boys PT Program
	7:00-9:00pm	7:00 pm	7:00-8:00 pm	7:00pm-9:00 pm	7:00 pm	
	PT 1-2HR Competitive 2HR ADULT & TEEN	AG 1HR girls 7- 10yrs PT	AG 1 HR ADULT & CHILD	PT & Competitive 2HRS	PT Competitive	
	9:00 PM	8:00 PM	8:00 PM	9:00 PM		
	ADULT & OPEN GYM BY APOINTMENT	competitive Routines Open gym "NEW"	COMPETITIVE ROUTINES "NEW" Teen & Adult programs			

Power tumble
(PT)

Acro Gym
(AG)

Toddler Program
(TP) (TP3-5)

PLEASE CALL BECAUSE CLASSES MAY
HAVE CHANGED

Session #1 2011 – September 10th 2011 – Dec 23rd 2011 (15 weeks)

Session #2 2012 – January 9th- April 21st 2012 (14 weeks)

Session #3 2012 – April 23rd – June 29th 2012 (10 weeks)

*See Other Side for Pricing **AND** our Adult Program Schedule

Adult Program Class Schedule February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:30-8:30am 8:45-9:45am Pilates for Parents	7:30-8:30 am 9:00-10:00 am Core Training Fitness adult (AP)	7:30-8:30am 8:45-9:45am Pilates for Parents	7:30-8:30am 8:45-9:45am Pilates for Parents	7:30-8:30am 8:45-9:45am Pilates for Parents	
	7:30-8:30am 8:45-9:45am Core Training Fitness Adult (AP)		7:30-8:30am 8:45-9:45am Core Training Fitness Adult (AP)	7:30-8:30am 8:45-9:45am Core Training Fitness Adult (AP)	7:30-8:30am 8:45-9:45am Core Training Fitness Adult (AP)	
	12:00-1:00 Pilates for Parents		10:30-11:30 Adult Tumbling		10:30-11:30 Adult Tumbling	12:00-2:00pm Adult Tumbling
	6:00-7:00 pm 7:00-8:00 pm Pilates for Parents		6:00-7:00 pm 7:00-8:00 pm Pilates for Parents		11:00-12:00 Pilates for Parents	
		Adult Tumbling	Pilates for Parents	Circuit Training		

Adult Tumbling: This program is designed for beginners that are young at heart. It is a unique program designed to learn the basics of gymnastics while getting fit in a fun, safe and progressive way.

Pilates for Parents: Our pilates instructor Beth James will challenge the body and mind in this adult focused pilates program.

Core Training for Adults (Circuit Training) – This program is designed to get the heart pumping while incorporating both cardio and strength training. It is a fantastic way to get fit and stay healthy.

Adult toning Classes Start Monday, January 9, 2012

12 one hour classes \$189 + HST

Monday & Wednesday evenings 6-7 & 7- 8pm

or

Monday 12 - 1pm & Friday 11 - 12pm

You choose once a week or twice a week.

Fees For Regular Programming (Acro-Gym, Power Tumbling)

<u>Fees for</u>	<u>15 Weeks</u>	<u>14 weeks</u>	<u>10 weeks</u>
1 hour classes	\$305.00	\$284.75	\$203.40
2 hour classes	\$559.00	\$522.00	\$361.00
45 min classes	\$245.50	\$229.50	\$164.00

Fees do not include Membership Fee