

Shaughnessy Family Wellness Centre

Class Schedule

Pilates

Pilates is a body-conditioning method that targets the deep postural muscles. It works by building strength from the inside out, rebalancing the body and bringing it into correct alignment. It will also improve your posture, developing the balance between strength and flexibility, and it is a great way to relieve unwanted stress and tension. Pilates is for everyone, of any age or fitness level.



Wednesdays, 10 am – beginner class	January 11 to March 7
Wednesdays, 11 am – intermediate class	January 11 to March 7
Thursdays, 6 pm – beginner class	January 12 to March 8
Thursdays, 7 pm – intermediate class	January 12 to March 8

Chair Pilates for Seniors

This is a Pilates class that is specifically designed for seniors or those with health concerns that have trouble getting on the mat or need to begin an exercise program at a slower pace.

Fridays, 10 am January 13 to March 9

Yoga

Yoga is well known for its therapeutic benefits, as it will allow for an increased awareness of the body's posture, alignment and movement patterns. The body becomes more flexible and relaxed; essential for healing from the stressful environment that surrounds us all. Those practicing Yoga describe benefits of being fit, energetic, happy and peaceful!



Mondays, 7 pm Teacher Dee Brooks January 9 to March 5

Zumba

Zumba is a Latin-inspired and easy to follow dance/fitness class. It is an hour where you will dance away the stressors of the day, burn calories and leave feeling exhilarated. During this effective cardio workout, you will have FUN as you dance to great music. Bring a small towel and a water bottle. You will need them. Please bring clean running shoes. (That will help keep the studio cleaner for everyone, thanks).



Fridays, 6 pm Teacher Oksana Kalinina January 13 to March 9

Cost

The cost is \$15 per class if paying by the term.
(\$135 for 9 week term. \$120 for Yoga- no class Family Day, Feb. 20)
Trial class in January- you may try any class @ \$10 for 1st class.
If taking more than 1 class per week, you **save 10%** on total cost.
"Drop in" rate is \$20 per class, based on availability.

Class size is limited. You may reserve your spot with your payment and filling out the enrollment form. The teachers would like to review your enrollment form *before* the first day of class to prepare appropriately for the class.



Location: 68 Shaughnessy Blvd.
One block west of Don Mills and Sheppard.
Visit us on-line at www.WellnessFamilyCare.com