

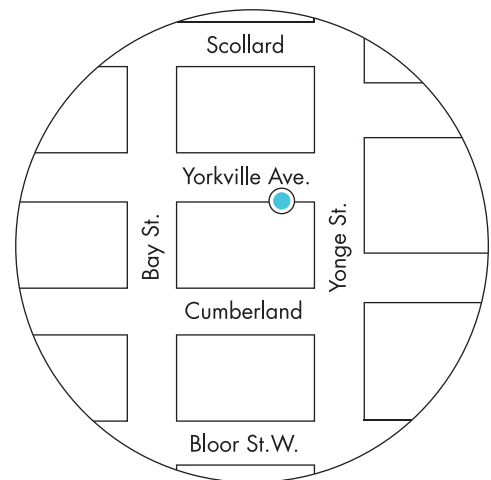


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MON	TUES	WED	THURS	FRI	SAT	SUN
	YOGA <i>hatha</i> 7:15 - 8:15					
					PILATES <i>level 1/2</i> 10:30 - 11:30	PILATES <i>ball</i> 11:00 - 12:00
YOGA <i>ashtanga</i> 12:00 - 12:50	PILATES <i>level 1</i> 12:00 - 12:50	PILATES <i>level 2</i> 12:00 - 12:50	PILATES <i>level 1/2</i> 12:00 - 12:50		YOGA <i>hatha</i> 11:30 - 12:30	
PILATES <i>level 2</i> 5:30 - 6:30	PILATES <i>level 1</i> 5:30 - 6:30	PILATES <i>ball</i> 5:30 - 6:30	PILATES <i>prenatal*</i> 5:30 - 6:15		* Contact us to pre-register for prenatal classes.	
	PILATES <i>level 3</i> 6:30 - 7:30	PILATES <i>level 2</i> 6:30 - 7:30	PILATES <i>level 1/2</i> 6:30 - 7:30			

Fees (including GST, 10% discount for students and ACTRA)

- Single class \$20
- 5 class pass \$90 (\$18/class)
- 10 class pass \$170 (\$17/class)
- 20 class pass \$280 (\$14/class)
- \$130/month of unlimited classes
- \$315/3 months of unlimited classes
- \$85-\$90 per private session (in-studio)
- \$750-\$850 for 10 private sessions (in-studio)
- \$100 per private session (home or office/corporate)
- Pilates instructor certification also available



27 Yorkville Ave., Suite 204, Toronto, M4W 1L1 • 416.922.0387 • info@pilatesforlife.ca