

2009 SPRING & SUMMER SCHEDULE

*GST INCLUDED IN PRICE Revised: Feb 2009

MONDAY & WEDNESDAY

TUESDAY & THURSDAY

7:30am - 8:30am

OUTDOOR MORNING BOOTCAMP - (Runs MON - THURS) Jul 06 - Aug 13
 4x/wk \$285 / 3x/wk \$240 / 2x/wk \$180

9:30AM - 10:30AM

9:30AM - 10:30AM

CARDIO CORE Apr 06 - May 06 \$108
CARDIO CORE May 25 - Jun 24 \$120

COMBO MAT Apr 07 - May 06 \$96
COMBO MAT May 19 - Jun 18 \$96

9 - 10 Time Change for Summer

INDOOR BOOT CAMP - (Runs MON - THURS) Jul 06 - Aug 13
 4x/wk \$285 / 3x/wk \$240 / 2x/wk \$180

5:30pm - 6:30pm

5:30PM - 6:30PM by invitation only

FUSION Apr 06 - May 06 \$90
FUSION May 25 - Jun 24 \$100
FUSION Jul 06 - Aug 12 \$90

VARIETY MAT Apr 07 - May 07 \$100
MAT May 19 - Jun 18 \$96
CORE MOTION Jul 07 - Aug 13 \$120

6:45pm - 7:45pm

7:00PM - 8:00PM

ESSENTIAL Apr 06 - May 06 \$96
 **Last Pilates Intro class until September

OUTDOOR BOOTCAMP
 Apr 07 - May 07 (2x/wk) \$180

7:00pm - 8:00pm

MON - THURS 2X/WK, 3X/WK
 OPTIONS AVAILABLE

OUTDOOR BOOTCAMPS

May 25 - Jun 25
 4/wk \$300 3/wk \$240 2x/wk \$180
 Jul 06 - Aug 13
 4/wk \$285 3/wk \$240 2x/wk \$180



**NOTE: CHANGE FOR
 JULY/AUG SUMMER HOURS 9 - 10AM
 No Classes May 18, July 01, July 13-17
 & August 03, No Evening Jun 29-Jul02**

Private & Semi-Private Mat Pilates classes are available. Private sessions are available on the Pilates Reformer, or Springboard!
BOOK YOUR SESSION TODAY!!

CHECK MY BLOG ONLINE AT:
<http://absolutionpilates.blogspot.com>

CONTACT Lisa at **250-494-1828**
 Or lhallquist@yahoo.com

* MUST HAVE A MINIMUM NUMBER OF PEOPLE REGISTERED AND PAID TO RUN THE CLASS*

* **SEE REVERSE SIDE FOR CLASS DESCRIPTION**

Check us out online at
WWW.SUMMERLANDPHYSIO.COM

CLASS DESCRIPTION

BEGINNER: These classes are suitable for all fitness and experience levels.

Essential - Learn the fundamental movements required for Pilates. Regardless of fitness level, this class is "essential" before taking other Pilates classes, as you learn how to engage your core, learn the necessary breathing techniques, and improve body awareness, as well as increase your flexibility.

BEGINNER/INTERMEDIATE: These classes are for those with some Pilates experience or those that have had an assessment with the instructor.

Combo Mat - Beginner/intermediate level Pilates class

Spring Unit - Limited to 6 students per class. Pilates based exercises combined with spring resistance designed to boost the metabolism and increase lean muscle mass.

Beginner/Intermediate Pilates Mat Class - Take the Essential class to the next level! You will focus on the techniques and exercises from the Essential class, as well as learn how to increase the intensity.

Cardio Core - This is a cardio/strength combo class that alternates strength exercises on the BOSU.

Shadow Box - No targets or bags to hit! The class is a boxing conditioning workout.

S.E.T. - Strength/Endurance Training this is a cardio based class.

Core Motion - Circuit training improves your health & athletic performance. It is versatile, motivating and efficient. It can improve your strength & aerobic fitness as well as burning fat all in one workout.

Indoor Boot Camp - With this workout you can expect strength training, stretching, Pilates & core strengthening, and more! 4 days per week!! Be all that you can be!!

Outdoor Boot Camp - This class will take you where you have never been before!

Fusion - A unique blend of Pilates and Fitness Yoga, designed to increase your core strength, as well as stretch out your hips and lower back.

SEE WEBSITE OR BLOG FOR FULL CLASS DESCRIPTIONS

CHECK MY BLOG ONLINE AT: <http://absolutionpilates.blogspot.com>

- Please check with your Doctor before beginning these or any other exercise programs.
- All programs are designed so you can work at your own pace with no judgment or competition from others.
- Class sizes are kept small to ensure you receive the individual attention needed, as these classes are not designed to be "one-size-fits-all". Not every exercise suits each individual. The instructor is there to provide any modifications you may need. We want you to be successful, challenged and inspired in every class you come to.
- It is recommended that you register early, or you may be disappointed, either too many people and you will be placed on a waiting list, or not enough people, and the class will be cancelled.

HAVE A QUESTION??? Find out all the answers to those Frequently Asked Questions you may have and more at summerlandphysio.com



CINDY (December 18th, 2006) "I have been taking Pilates now for seven years, the last two and a half with Lisa. I enjoy and benefit from her classes immensely. The classes are demanding and varied thereby never allowing one's body to get too comfortable. Lisa is a very knowledgeable trainer and is observant of the individual needs of clients and is an engaging teacher who makes the classes fun as well. I have scoliosis since my teenage years and pilates has helped in making me strong, flexible, and lean."

TONI (January 03rd, 2007) "There is no such thing as 'resting on a plateau' in Lisa's classes. Just when you think you've done every possible manifestation of an exercise, behold she's dreamt up another one to challenge you." "One can't help but get caught up in Lisa's cheerfulness and encouragement. She's professional and full of tips and pointers, yet knows just when you need a boost or a change of pace. In Lisa's classes, you definitely get out of them what you put into them!"

LISA HALLQUIST
BCRPA Personal Trainer,
Pilates Instructor & Lifestyle
Fitness Coach