



2010 FALL & WINTER SCHEDULE

*HST INCLUDED IN PRICE Revised: Aug 2010

MONDAY & WEDNESDAY CLASSES TUESDAY & THURSDAY CLASSES

9:30am - 10:30am

TRIPLE THREAT!!	Sep 13 - Oct 13*	\$135
	*No class Oct. 11th	
QUANTUM LEAP	Oct 18 - Nov 17	\$135
LAST CHANCE	Nov 22 - Dec 15	\$108

10:45am - 11:45am

PILATES INTRO	Oct 18 - Nov 17	\$123
BALL INTRO	Nov 22 - Dec 15	\$111

5:30pm - 6:30pm

RESTORE YOUR CORE AND MORE	Sep 13 - Oct 13*	\$111
	*No class Oct. 11th	
RESTORE YOUR CORE AND MORE	Oct 18 - Nov 17	\$123
RESTORE YOUR CORE AND MORE	Nov 22 - Dec 15	\$111

6:45pm - 7:45pm

ZUMBA	Oct 04 - Nov 08*	\$135
	*No class Oct. 11th	
ZUMBA	Nov 10 - Dec 13	\$135

Come visit AB:solution Pilates and Summerland Physiotherapy Sept 18th at the Summerland Health fair. 9am to 2pm at the Drop In Center on Brown Street

GRAND RE-OPENING!!

Sat Sept. 25th. **FREE** Classes, Demos of Physio Footmaxx, Mini Massages, Postural Assessments, and much more!!
 10am to 2pm at the Physio Clinic, **FREE** Zumba classes at 10 and 11:30am,
 Get there early **Watch for our flyer!!**

- > This schedule is subject to change.
- > No drop-ins, must register for the whole session.
- > Classes are non-refundable/non-transferable/non-extendable. Please be sure you can commit to the whole session.
- > Must take INTRO level before enrolling in any other PILATES session.
- > Payment must be made when you place your name on the class list.

* **SEE REVERSE SIDE FOR CLASS DESCRIPTION**

9:30am - 10:30am

MAT N' MORE MAT	Sep 14 - Oct 14	\$123
	Oct 19 - Nov 18*	\$111
	*No class Nov. 11th	
MAT N' MORE	Nov 23 - Dec 16	\$99

5:30pm - 6:30pm (by Invitation Only)

ADVANCED MAT	Sep 14 - Oct 14	\$123
TRIPLE THREAT!!	Oct 19 - Nov 18*	\$121
	*No class Nov. 11th	
LAST CHANCE	Nov 23 - Dec 16	\$108

6:45pm - 7:45pm

OUTDOOR BOOTCAMP	Sept 14 - Oct 14	\$168
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7:00pm - 8:00pm

CYCLEFIT	Oct 19 - Dec 14*	\$234
	*No class Nov. 11th	

9:30am - 10:30am *FRIDAY CLASS*

CARDIO BLAST	Sep 17 - Oct 15*	\$54
	*No class Oct. 08th	
HARD CORE CARDIO	Oct 29 - Dec 10	\$94

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

ALL CLASS PRICES NOW INCLUDE HST

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

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

CHECK MY BLOG ONLINE AT:
[Http://absolutionpilates.blogspot.com](http://absolutionpilates.blogspot.com)

Check us out online at

WWW.SUMMERLANDPHYSIO.COM

CLASS DESCRIPTION

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

INTRO CORE/BALL - Introductory level of Core. Start yourself off with the basics, or refresh your memory, before embarking on any of the other sessions. This is a suitable class for those new to Core/Pilates or those just completing the process of injury rehabilitation.

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

BEGINNER/INTERMEDIATE PILATES MAT CLASS - Take the Intro class to the next level! You will focus on the techniques and exercises from the Intro 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.

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 BOOTCAMP - This class will take you where you have never been before!

ADVANCED - By invitation only.

FUSION - The focus is on stretching but we also work on some gentle Pilates exercises.

RESTORE YOUR CORE - (with Julie Patan) Introductory level of Core or Pilates an introductory class perfect for those new to Pilates and those who are beginning to work on their core strength and spinal mobility, due to injury, inactivity or underlying orthopedic conditions.

ZUMBA - (with Caroline Rowland) This program fuses hypnotic Latin Rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

CYCLEFIT - (with Coach Melissa Berrisford) Come ride inside with us on your own bike with a windtrainer. Fabulous indoor workout, designed for fitness enthusiasts and triathletes!

MAT N' MORE - Taking the Pilates matwork one step further by incorporating small equipment into the exercises.

TRIPLE THREAT!! - Supercharge your workout with Supersets, Tabata, 10 to 1 and more. Cardio, Strength, Flexibility!!

SEE WEBSITE/BLOG FOR FULL CLASS DESCRIPTIONS / 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 judgement or competition from others.
- Class sizes are kept small to ensure you receive the individual attention you need. Not every exercise suits every 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.

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