



2010 SPRING & SUMMER SCHEDULE

*GST INCLUDED IN PRICE Revised: Feb 2010

MONDAY & WEDNESDAY CLASSES TUESDAY & THURSDAY CLASSES

9:30am - 10:30am

CARDIO CORE* Mar 22 - Apr 21 \$117
*No class April 05th

FIRED UP FRIDAYS* Mar 26 - Apr 23 \$52
*No class April 02nd

CSA* Apr 26 - May 26 \$117
*No class May 24th

QUANTUM LEAP May 31 - Jun 30 \$130
LAST CHANCE Jul 05 - Aug 18 \$156

9 - 10 time change for SUMMER

5:30pm - 6:30pm

CORE FUSION* Mar 22 - Apr 21 \$99
*No class April 05th

FUSION* Apr 26 - May 26 \$99
*No class May 24th

BACK CARE Jul 05 - Aug 16 \$110
(Includes information sessions)

6:45pm - 7:45pm

BEACH BODY INDOOR BOOTCAMP* Mar 22 - Apr 21 \$117
*No class April 05th

6:45pm - 8:00pm

OUTDOOR BOOTCAMPS* Apr 26 - May 26 \$162
*No class May 24th May 31 - Jun 30 \$180

LAST CHANCE Jul 05 - Aug 16 \$216

**** NOTE: CHANGE FOR JUL/AUG MORNING CLASSES** 9-10am**

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

- > 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 ESSENTIAL level before enrolling in any other PILATES session.
- > Payment must be made when you place your name on the class list.
- > GST Included in the Price.

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

*** SEE REVERSE SIDE FOR CLASS DESCRIPTION**

9:30am - 10:30AM

MAT* Mar 23 - Apr 22 \$99
*No class April 01st

MAT n' MORE Apr 27 - May 27 \$120

MAT Jun 01 - Jun 29 \$99

MAT Jul 06 - Aug 19 \$132

9 - 10 time change for SUMMER

5:30pm - 6:30pm (By invitation only)

ADV. MAT CLASS* Mar 23 - Apr 22 \$99
*No class April 01st

QUANTUM LEAP Apr 27 - May 27 \$130

CSA Jun 01 - Jun 29 \$110

LAST CHANCE Jul 06 - Aug 19 \$117

6:45pm - 7:45pm

ESSENTIAL PILATES Mar 23 - Apr 22 \$99

6:45pm - 8:00pm

Beach Body

INDOOR BOOTCAMP Apr 27 - May 27 \$180

OUTDOOR BOOTCAMPS Jun 01 - Jun 29 \$162

LAST CHANCE Jul 06 - Aug 19 \$216

Hope you enjoy the rest of your summer.
I look forward to seeing you when classes resume September 13th!!

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



Voted
BEST PILATES INSTRUCTOR 2006
by the Readers of Okanagan
Life Magazine

Professional Service Award 2006
59th Annual Business and Community Excellence Awards

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. ****Must take Essential level first!****

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.

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.

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.

10 SPOT - The focus is always on the core, but we also focus on 10 different exercises each class.

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

LAST CHANCE WORKOUTS - This is the last session of workouts at that time slot before summer break!! Expect the unexpected!!

QUANTUM LEAP - This is an advanced session where you must come prepared to work above and beyond the norm!

BEACH BODY INDOOR BOOTCAMP - Get ready for the beach in this intense indoor workout that includes cardio, agility drills, intervals, circuit, well...everything!!

BACK CARE - This session will include informational sessions from a Physiotherapist. If you have any concerns regarding your back and exercise, this will be the program for you.

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*