



2011 WINTER TO SUMMER SCHEDULE

*HST INCLUDED IN PRICE Revised: Dec 2010

MONDAY & WEDNESDAY CLASSES TUESDAY & THURSDAY CLASSES

9:30am - 10:30am

CRACK THE WHIP!!	Jan 24 - Feb 16	\$108
HUSTLE	Feb 21 - Mar 16	\$108
YOGA & MORE	Apr 04 - May 04	\$121.50
CSA	May 09 - Jun 08	\$121.50
CARDIO CORE	Jun 13 - Jul 13	\$135
LAST CHANCE	Jul 25 - Aug 17	\$94.50

9:30am - 10:30am

MAT N' MORE	Jan 25 - Feb 17	\$98.40
MAT N' MORE	Feb 22 - Mar 17	\$110.70
MAT N' MORE	Apr 05 - May 05	\$123
MAT N' MORE	May 10 - Jun 09	\$123
MAT N' MORE	Jun 14 - Jul 14	\$123
MAT N' MORE	Jul 26 - Aug 18	\$98.40

10:45am - 11:45am

ESSENTIAL PILATES	Jan 24 - Feb 16	\$98.40
ON THE BALL	Feb 21 - Mar 16	\$98.40
CIRCUIT INTRO	Apr 04 - May 04	\$121.50
ESSENTIAL PILATES	May 09 - Jun 08	\$110.70

10:45am - 11:45am

ZUMBA	Jan 25 - Feb 17	\$108
ZUMBA	Feb 22 - Mar 17	\$121.50
ZUMBA	Apr 05 - May 05	\$135
ZUMBA	May 10 - Jun 09	\$135
ZUMBA	Jun 14 - Jul 14	\$135
ZUMBA	Jul 26 - Aug 18	\$108

5:30pm - 6:30pm

RESTORE YOUR CORE	Jan 24 - Feb 16	\$108
RESTORE UR CORE & MORE	Feb 21 - Mar 16	\$108
RESTORE UR CORE & MORE	Apr 04 - May 04	\$121.50
RESTORE UR CORE & MORE	May 09 - Jun 08	\$121.50
RESTORE UR CORE & MORE	Jun 13 - Jul 13	\$135
RESTORE UR CORE & MORE	Jul 25 - Aug 17	\$94.50

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

CRACK THE WHIP	Jan 25 - Feb 17	\$108
HUSTLE	Feb 22 - Mar 17	\$121.50
ADV MAT/YOGA & MORE	Apr 05 - May 05	\$135
DRIPPING WITH SWEAT	May 10 - Jun 09	\$135
CSA	Jun 14 - Jul 14	\$135
LAST CHANCE	Jul 26 - Aug 18	\$108

6:45pm - 7:45pm

ZUMBA	Feb 07 - Mar 16	\$162
ZUMBA	Apr 04 - May 04	\$121.50
ZUMBA	May 09 - Jun 08	\$121.50
ZUMBA	Jun 13 - Jul 13	\$121.50
ZUMBA	Jul 25 - Aug 17	\$94.50

7:00pm - 8:00pm

CYCLEFIT	Jan 25 - Mar 17	\$175.50
ZUMBA	Jan 25 - Feb 17	\$108
ZUMBA	Feb 22 - Mar 17	\$121.50
OUTDOOR BOOTCAMP	Apr 05 - May 05	\$150
OUTDOOR BOOTCAMP	May 10 - Jun 09	\$150
OUTDOOR BOOTCAMP	Jun 14 - Jul 14	\$150
OUTDOOR BOOTCAMP	Jul 26 - Aug 18	\$120

REAL SOLUTIONS...

Weight Management Program. To register and for complete details on program call 250-809-6802 or 250-488-9761

This is a comprehensive program that will cover all aspects of the health and wellness of the participant. Jacquie will offer her expertise with nutritional plans, Julie will offer her expertise with any musculoskeletal issues, and Lisa will offer her expertise with a fitness plan. For more info see back or call 250-809-6802 or 250-488-9761.

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

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

9:30am * FRIDAY CLASS ONLY *

DRIPPING WITH SWEAT!!	Jan 28 - Mar 18	\$108
DRIPPING WITH SWEAT!!	Apr 08 - May 27	\$94.50

***** NO CLASSES: April 22 or Apr 25th, May 23, July 18 to 22, 2011 *****

ALL CLASS PRICES NOW INCLUDE HST

CHECK MY BLOG ONLINE AT:

<http://absolutionpilates.blogspot.com>

*** 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.

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.

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 - 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.

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

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! *The season runs from October - March*

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.

REAL Solutions...Weight Management Program has brought together a team of passionate professionals with a common goal for client success.

Julie Patan, BSc PT Registered Physiotherapist

Lisa Hallquist, BCRPA Personal Fitness Trainer

Jacque Bird, BHEc RD Registered Dietitian

This is a comprehensive program that will cover all aspects of the health and wellness of the participant. Jacque will offer her expertise with nutritional plans and guidelines for the client, Julie will offer her expertise with any musculoskeletal issues and injury prevention, and Lisa will offer her expertise with a fitness plan and guidelines based on Julie's initial assessment and recommendations.

There are no additional supplements or vitamins to buy and no prepackaged food involved. Our goal is for the client to learn and maintain healthy eating habits and exercise for life. Please call 604-809-6802 or 250-488-9761 for further details on the program.

- ▶ 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.

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