

PILATES AND ZUMBA 2017 FALL SCHEULE

Fall Classes start the week of September 11th and will be ending on December 11th. It will be an 13 week session for \$156 plus HST. Lunchtime classes are 45 minutes long and the cost for them will be \$130 plus HST. A 10% discount will apply for anyone who wishes to take more than one class. If you take 3 classes a week you will get the 4th class free and a 10% discount. Once classes have started there will be no refunds issued. If for any reason you miss a class you are welcome to make it up by going to another class during the session. Registration forms and cheques are due to confirm your space. For further information please contact Christine Redmond at 705-340-2905 or email kenredmond@bellnet.ca.

Monday	September 11th to December 11th	9:30 - 10:30 am	Pilates Mat	@Spectrum Gym, Cambridge Street, Lindsay
Monday	September 11th to December 11th	12:15 - 1:00 pm	Lunchtime Zumba	@ Spectrum Gym, Cambridge Street, Lindsay
*NO CLASSES ON MONDAY OCTOBER 9TH FOR THANKSGIVING				
Tuesday	September 12th to December 5th	12:15 - 1:00 pm	Lunchtime Pilates	@ Spectrum Gym, Cambridge Street, Lindsay
Tuesday	September 12th to December 5th	4:20 - 5:20 pm	Pilates Mat	@ Spectrum Gym, Cambridge Street, Lindsay
Tuesday	September 12th to December 5th	6:00 - 7:00 pm	Mixed Pilates	@ Spectrum Gym, Cambridge Street, Lindsay
Tuesday	September 12th to December 5th	7:15 - 8:15 pm	Zumba	@ Spectrum Gym, Cambridge Street, Lindsay
Wednesday	September 13th to December 6th	12:15 - 1:00 pm	Lunchtime Pilates	@ Spectrum Gym, Cambridge Street, Lindsay
Wednesday	September 13th to December 6th	6:00 - 7:00 pm	Pilates Mat	@ The Admiral Inn, Hwy 7/Kent Street, Lindsay
Thursday	September 14th to December 7th	9:30 - 10:30 am	Pilate Mat	@The Admiral Inn, Hwy 7/Kent Street, Lindsay
Thursday	September 14th to December 7th	12:15 - 1:00 pm	Lunchtime Zumba	@ Spectrum Gym, Cambridge Street, Lindsay
Thursday	September 14th to December 7th	6:20 - 7:20 pm	Zumba	@ The Admiral Inn, Hwy 7/Kent Street, Lindsay
Thursday	September 14th to December 7th	7:30 - 8:30 pm	Pilates	@ The Admiral Inn, Hwy 7/Kent Street, Lindsay
