

PILATES AND ZUMBA

2017 SUMMER SCHEDULE

Summer is just around the corner!!! I will be offering Summer Pilates and Zumba classes. Classes start the week of July 11th for a 7 week session. The cost is \$84.00 plus HST. However, all 45 minutes classes are not as long and the cost for them will be \$70 plus HST. A 10% discount will apply for anyone who wishes to take more than one class per week. If you take 3 classes weekly you will get a 10% discount as well as being able to take a 4th class at no cost. Once classes have started there will be no refunds issued. There is a minimum of 8 people required for any class with a maximum of 16. If for any reason you miss a class you are welcome to make it up by going to another class space permitting during the session. Registration forms and cheques are due to confirm your space. For further information please contact me at 705-340-2905 or email kenredmond@bellnet.ca.

Location : The Admiral Inn, Hwy 7 / Kent Street, Lindsay

Wednesday July 12th to August 23rd	6:00 - 7:00 pm	Pilates Mat
Thursday July 13th to August 24th	9:30 - 10:30 am	Pilates Mat
Thursday July 13th to August 24th	6:20- 7:20 pm	Zumba
Thursday July 13th to August 24th	7:30 - 8:30 pm	Pilates Mat

Location: Spectrum Gym, Cambridge Street, Lindsay

Tuesday July 11th to August 22nd	9:30 - 10:30 am	Pilates Mat
Tuesday July 11th to August 22nd	12:15 - 1:00 pm	Lunchtime Pilates
Tuesday July 11th to August 22nd	6:00 - 7:00 pm	Mixed Pilates (Ball and mat)
Tuesday July 11th to August 22nd	7:15 - 8:15 pm	Zumba
Wednesday July 12th to August 23rd	12:15 - 1:00 pm	Lunchtime Pilates
Thursday July 13 th to August 24 th	12:15 - 1:00 pm	Lunchtime Zumba
