

PILATES AND ZUMBA 2018 WINTER SCHEDULE

Winter Classes start the week of January 8th and will be ending on March 29th. It will be an 11 week session for \$132 plus HST. Monday's class will be 10 weeks therefore the cost will be \$120 plus HST. Lunchtime classes are 45 minutes long and the cost for them will be \$110 plus HST. Monday's lunchtime class will be 10 weeks therefore the cost will be \$100 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 January 8th to March 26th	9:30 - 10:30 am	Pilates Mat	@Spectrum Gym, Cambridge Street, Lindsay
Monday January 8th to March 26th	12:15 - 1:00 pm	Lunchtime Zumba	@ Spectrum Gym, Cambridge Street, Lindsay

***NO CLASSES ON MONDAY FEBRUARY 19TH FOR FAMILY DAY**

Tuesday January 9th to March 27th	12:15 - 1:00 pm	Lunchtime Pilates	@ Spectrum Gym, Cambridge Street, Lindsay
Tuesday January 9th to March 27th	4:20 - 5:20 pm	Pilates Mat	@ Spectrum Gym, Cambridge Street, Lindsay
Tuesday January 9th to March 27th	6:00 - 7:00 pm	Mixed Pilates	@ Spectrum Gym, Cambridge Street, Lindsay
Tuesday January 9th to March 27th	7:15 - 8:15 pm	Zumba	@ Spectrum Gym, Cambridge Street, Lindsay
Wednesday January 10th to March 28th	12:15 - 1:00 pm	Lunchtime Pilates	@ Spectrum Gym, Cambridge Street, Lindsay
Wednesday January 10th to March 28th	6:00 - 7:00 pm	Pilates Mat	@ The Admiral Inn, Hwy 7/Kent Street, Lindsay
Thursday January 11th to March 29th	9:30 - 10:30 am	Pilate Mat	@The Admiral Inn, Hwy 7/Kent Street, Lindsay
Thursday January 11th to March 29th	12:15 - 1:00 pm	Lunchtime Zumba	@ Spectrum Gym, Cambridge Street, Lindsay
Thursday January 11th to March 29th	6:20 - 7:20 pm	Zumba	@ The Admiral Inn, Hwy 7/Kent Street, Lindsay
Thursday January 11th to March 29th	7:30 - 8:30 pm	Pilates	@ The Admiral Inn, Hwy 7/Kent Street, Lindsay

***NO CLASSES ON THE MARCH BREAK, MONDAY MARCH 12TH TO FRIDAY MARCH 16TH**
