



# Jade Wellness Fall 2017 Class Schedule ~ Sept 5 – Dec 16.

(Closed on Thanksgiving Day, October 9)

Mon	Tue	Wed	Thu	Fri
6:15 am – 7:00 am <b>* Yoga &amp; Weights Course</b> (Oct 16-Nov 6, \$40/4 wks) All Levels w. <i>Tiff</i>	10:00 am - 11:00 am <b>Dynamic Strength &amp; Tone Pilates</b> Intermediate level <i>Angela</i>	Please sign up in advance for <b>courses</b> as minimum attendees are required.	10:00 am - 11:00 am <b>Gentle Mat Pilates</b> Beginner Level <i>Angela</i> [B]	9:15 am - 10:15 am <b>Dynamic Balance &amp; Strength Reformer</b> (7 spots, \$20) Int- Adv Levels w. <i>Angela</i>
9:15 am - 10:15 am <b>Pilates for Back Health</b> Beginner Level <i>Angela</i> [B]	10:30 am - 11:45 am <b>Yoga for 50+</b> Intermediate level <i>Vicki</i>	9:15 am – 10:15 am <b>Breathe &amp; Flow Yoga</b> All Levels (Oct 4 – Nov 8) <i>Kelly</i> [B]	10:30 am - 11:45 am <b>Healing Yoga for Aches &amp; Pains</b> Beginner Level <i>Vicki</i> [B]	12:00 pm – 1:00 pm <b>Essential Reformer</b> All Levels (7 spots, \$20) <i>Angela</i> [B]
10:30 am - 11:45 am <b>Hatha Yoga for Flexibility &amp; Strength</b> Beginner-Intermediate Levels (Starts Oct 2)) <i>Lan</i>	12:00 pm – 12:45 pm <b>NEW *BollyX Course</b> (Sep 12-Oct 17, \$60/6 wks) All Levels <i>Ildiko</i> [B]	10:30 am - 11:45 am <b>Mindful Hatha Yoga ~ An Inner Journey</b> All Levels <i>Kelly</i> [B]	12:10 pm - 1:00 pm [L] <b>Core Precision Pilates</b> All Levels <i>Angela</i>	5:30 pm - 6:45 pm <b>Mindful Yin Yoga by Candlelight</b> (warm room) (78°F) All levels w. <i>Tiff</i> [B]
12:00 pm – 1:00 pm <b>Sculpt &amp; Tone Reformer</b> (7 spots, \$20) All Levels <i>Angela</i>	12:10 - 12:55 [L] <b>Ultimate Core Challenge Pilates</b> Intermediate-Advanced Levels <i>Angela</i>	12:10 pm - 12:55 pm [L] <b>Slow Flow Yoga for Flexibility &amp; Tranquility</b> All Levels <i>Shirling</i> [B]	1:00 pm – 3:00 pm <b>*Mindfulness Based Stress Reduction Course</b> (Oct 19 - Dec 7, \$150/8 wks) <i>Leslie</i>	<b>Need a tune up?</b> Call us today to book your next massage treatment with our Registered Massage Therapists. Insurance Receipts + Direct Billing available
12:10 pm - 12:55 pm [L] <b>Vinyasa Flow Yoga for Strength &amp; Toning</b> All Levels (starts Sep 18) <i>Catherine</i>	1:30 pm – 2:30 pm <b>*Belly Dance Course</b> All Levels. Beginners welcome (Oct 10-Nov 14, \$60/6 wks) <i>Lan</i>	5:30 pm - 6:45 pm <b>Candlelit Restorative Yoga ~ De-stress in Stillness</b> All Levels (Oct 18 - Nov 22) <i>Catherine</i> [B]	5:30 pm - 6:45 pm <b>Mindful Yoga for Deep Stretch &amp; Relaxation</b> All Levels <i>Nancy</i>	
7:00 pm – 9:00 pm <b>*Mindfulness Based Stress Reduction Course</b> (Oct 16 - Dec 4, \$150/8 wks) <i>Leslie</i>	5:15 pm - 6:15 pm <b>Sculpt &amp; Tone Reformer</b> (7 spots, \$20.) Intermediate level <i>Angela</i>	5:30 pm - 6:30 pm <b>*Yoga &amp; Meditation Course for Children 6 &amp; up</b> (Sep 13-Nov 29, \$96/12 wks) <i>Shirling</i>	7:30 pm - 8:45 pm <b>Hot Flow Yoga for Toning &amp; Flexibility</b> (92°F) All levels (Starts Sep 14) <i>Tiff</i>	<b>Sun</b> 11:00 am – 12:15 pm <b>Gentle Vinyasa Flow Yoga</b> All Levels w. <i>Natasha</i> [B]
7:30 pm - 8:45 pm <b>Hot Candlelight Yin Yoga for Deep Stretch &amp; Relaxation</b> (92°F) All Levels <i>Jen</i>	5:30 pm – 6:45 pm <b>*WHAT THE OM ~ Intro to Yoga Course</b> (Sep 19-Oct 24, \$66/6 wks) <i>Nancy</i> [B]	6:30 pm – 7:30 pm <b>*Beginner Belly Dance Course</b> (Sep 27-Nov 1. \$90/6 wk, or \$20/drop in) <i>Lola</i> [B]	<b>Sat</b> 11:30 am - 1:00 pm <b>Vinyasa Flow Yoga</b> All Levels w. <i>Jena</i>	7:00 pm – 8:00 pm <b>Meditation Group</b> By Donation All are Welcome <i>Mike</i>
<b>Did you know:</b> For every class you take, you earn \$1 towards boutique purchase? Start your punch card today!	7:00 pm – 8:00 pm <b>*MINDFULNESS~ Intro to Meditation Course</b> (Sep 19-Oct 24, \$66/6 wks) <i>Nancy</i> [B]	7:00 pm - 8:15 pm <b>Warm Candlelight Gentle Yoga</b> (78°F) All Levels <i>Shirling</i> [B]		<b>Also Available:</b> Private Yoga, Pilates Personal Training, Corporate Classes and Yoga Birthday Parties are also available by appointment
 <b>Like us on Facebook ~ Jade Wellness</b>	7:00 pm - 8:30 pm <b>Flow Yoga for Strength &amp; Focus</b> All Levels <i>Jena</i>	7:30 pm – 8:30 pm <b>*Intermediate Belly Dance Course</b> (Sep 27-Nov 1. \$90/6 wk, or \$20/drop in) <i>Lola</i>		

[B] Beginner Friendly    [P] Prenatal Friendly (Please advise instructors about your pregnancy before classes.)    [L] Lunch Rates    \* Pre-registration required

## Class Rates (class passes do not apply to courses)

New Client Package - First 3 Classes Valid for 3 weeks after first class. Reformers are excluded.	\$20	Single Reformer	\$20	5 Reformer Pass	\$95(\$19/class)
Single Pass Regular	\$20	Single Pass for Senior*/Student*/Lunch			\$14
10 Pass Regular (Valid 1 year after first class)	\$140 (\$14/class)	10 Pass for Senior*/Student*/Lunch			\$110 (\$11/class)
Fall 15 Pack Regular (valid Sep 5 – Dec 30)	\$195 (\$13/class)	Fall 15 Pack Senior*/Student*/Lunch (valid Sep 5–Dec 30)			\$150 (\$10/class)
Fall 30 Pack Regular (valid Sep 5 – Dec 30)	\$360 (\$12/class)	Fall 30 Pack Senior*/Student*/Lunch (valid Sep 5–Dec 30)			\$270 (\$9/class)

\* To be eligible for student or senior rates, one must be a full-time student or over 60 years of age with valid ID. All prices are subject to applicable taxes.