


Jade Wellness Summer 2017 Class Schedule ~ June 26 – Sept 3.

Closed on Canada Day July 1 and July 3, Civic Holiday August 7 and Labour Day Sept 4.

Mon	Tue	Wed	Thu	Fri
9:15 am - 10:15 am Pilates for Back Health Beginner Level (No classes in August) Angela [B]	10:00 am - 11:00 am Dynamic Strength & Tone Pilates Intermediate level (No classes August 8 + 29) Angela	NEW! 6:30 am – 7:30 am *Rise & Shine Flow Yoga Course All Levels (Jul 31-Aug 4, 5 Days for \$50. Pre-registration is required) Catherine	10:00 am - 11:00 am Gentle Mat Pilates Beginner Level (No class August 31) Angela [B]	9:15 am - 10:15 am Dynamic Balance & Strength Reformer (7 spots, \$20) Intermediate- Advanced Levels (No classes in August) Angela
12:00 pm – 1:00 pm Sculpt & Tone Reformer (7 spots, \$20. No classes in August) All Levels Angela	10:30 am - 11:45 am Yoga for 50+ Intermediate level (No Class July 25) Lan	12:10 pm - 12:55 pm (L) Slow Flow Yoga for Flexibility & Tranquility (No classes July 19 + 26) All Levels Shirling [B]	10:30 am - 11:45 am Healing Yoga for Aches & Pains Beginner Level (No class July 27) Shirling [B]	12:00 pm – 1:00 pm Essential Reformer All Levels (7 spots, \$20, No classes in August) Angela [B]
5:30 pm - 6:45 pm Yoga for Strength & Flexibility All Levels Jen	12:10 - 12:55 (L) Ultimate Core Challenge Pilates Intermediate-Advanced Levels (No classes August 8 + 29) Angela	5:30 pm - 6:45 pm Outdoor Soothing Yoga (@ Arboretum beside Great Lakes Forestry Centre Parking Lot) All levels Catherine [B]	12:10 pm - 1:00 pm (L) Core Precision Pilates All Levels (No class August 31) Angela	Sat 10:30 am - 11:45 am Vinyasa Flow Yoga For Toning & Flexibility All Levels w. Jena
7:15 pm - 8:30 pm Warm Candlelight Yin Yoga (78°F) All Levels Jen	5:15 pm - 6:15 pm Sculpt & Tone Reformer (7 spots, \$20. No Classes in August) Intermediate level Angela	7:00 pm - 8:15 pm Warm Candlelight Gentle Yoga (78°F) All Levels Shirling [B]	7:00 pm - 8:30 pm Flow Yoga for Strength & Focus All Levels Jena	 Like us on Facebook ~ Jade Wellness

[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)

Best Value!! **Summer Unlimited Pass** Valid June 26 – Sept 3, 2017. Covers all group classes except for Pilates Reformers. **\$199**

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)		

* 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.

"LIVING SOULFULLY & JOYFULLY" Workshop Series with *Judith Onley*

- **Discover Your Soul's Desire** ~ Sunday June 25, 7:00 pm - 9:00 pm.
- **Choose JOY in All Life Experiences** ~ Sunday July 23, 7:00 pm - 9:00 pm.
- **"Sun Energy" - How Does It Affect Our Moods, Well-Being, and Our Consciousness?** ~ Sunday August 20, 7:00 pm - 9:00 pm.
\$44 or \$80 for 2. You can stay home and participate via skype as well!
- **"Balancing Your Chakras for Greater Vitality" Women's Mini Retreat** ~ Friday Sept 8, 6 pm - 9:30 pm. \$55 or 2 for \$99.