



Jade Wellness Winter 18 Class Schedule ~ January 8 - April 1

(Closed on Family Day February 19, Good Friday March 30 and Easter Monday April 2)

Mon	Tue	Wed	Thu	Fri
9:15 am - 10:15 am Pilates for Back Health Beginner Level <i>Angela</i> [B]	10:00 am - 11:00 am Dynamic Strength & Tone Pilates Intermediate level <i>Angela</i>	* Courses: Please register in advance for courses as a minimum number of attendees are required.	Check out our special workshops and events online!	9:15 am - 10:15 am Dynamic Balance & Strength Reformer (7 spots, \$20) Int- Adv Levels w. <i>Angela</i>
10:30 am - 11:45 am Hatha Yoga for Flexibility & Strength Intermediate Levels w. <i>Lan</i>	10:30 am - 11:45 am Yoga for 50+ Intermediate level <i>Vicki</i>		10:00 am - 11:00 am Gentle Mat Pilates Beginner Level <i>Angela</i> [B]	12:00 pm - 1:00 pm Essential Reformer All Levels (7 spots, \$20) <i>Angela</i> [B]
12:00 pm - 1:00 pm Sculpt & Tone Reformer (7 spots, \$20) All Levels <i>Angela</i>	12:00 pm - 12:45 pm * BollyX Course - Bollywood Inspired Dance Fitness (Jan 30-Mar 6, \$60/6 wks) All Levels w. <i>Ildiko</i> [B]	10:30 am - 11:45 am Mindful Hatha Yoga All levels <i>Kelly</i> [B]	10:30 am - 11:45 am Healing Yoga for Aches & Pains Beginner Level (Arthritis Friendly) <i>Vicki</i> [B]	5:30 pm - 6:45 pm Mindful Yin Yoga by Candlelight (warm room) (78°F) All levels <i>Tiff</i> [B]
12:10 pm - 12:55 pm [L] Vinyasa Flow Yoga for Strength & Toning All Levels <i>Catherine</i>	12:10 - 12:55 [L] Ultimate Core Challenge Pilates Intermediate-Advanced Levels <i>Anqela</i>	12:10 pm - 12:55 pm [L] Slow Flow Yoga for Flexibility & Tranquility All Levels <i>Shirling</i> [B]	12:10 pm - 1:00 pm [L] Core Precision Pilates All Levels <i>Angela</i>	Sat 11:30 am - 1:00 pm Vinyasa Flow Yoga All Levels w. <i>Jena</i>
5:30 pm - 6:45 pm NEW! Yang Yin Yoga All Levels <i>Kelly</i> [B]	5:15 pm - 6:15 pm Sculpt & Tone Reformer (7 spots, \$20.) Intermediate level <i>Angela</i>	5:30 pm - 6:30 pm * Yoga Therapy for Grief & Loss Course (Jan 31-Mar 7, \$120/6 wks) All Levels w. <i>Tiff</i> [B]	1:00 pm - 3:00 pm * Mindfulness Based Stress Reduction Course (Mar 1-Apr 19, \$150/8 wks) <i>Leslie</i> [B]	Sun 11:00 am - 12:15 pm Gentle Vinyasa Flow Yoga All Levels w. <i>Natasha</i> [B]
7:00 pm - 9:00 pm * Mindfulness Based Stress Reduction Course (Feb 26-Apr 23, \$150/8 wks) <i>Leslie</i> [B]	5:30 pm - 6:45 pm * WHAT THE OM ~ Intro to Yoga Course (Jan 23-Feb 27, \$66/6 wks) <i>Nancy</i> [B]	5:30 pm - 6:30 pm * Yoga & Meditation Course for Children 6 & up (Mar 21 - Jun 6, \$96/12 wks) <i>Shirling</i>	1:30 pm - 2:30 pm * Belly Dance Course All Levels. Beginners welcome (Jan 11-Mar 1, \$80/8 wks) <i>Lan</i> [B]	The class schedule is subject to change. Please visit our website for the most updated version.
7:30 pm - 8:45 pm Hot Candlelight Yin Yoga for Deep Stretch & Relaxation (92°F) All Levels <i>Jen</i>	7:00 pm - 8:00 pm * MINDFULNESS~ Intro to Meditation Course (Feb 6-27, \$44/4 wks) <i>Nancy</i> [B]	7:00 pm - 8:15 pm Warm Candlelight Gentle Yoga (78°F) All Levels <i>Shirling + Tiff</i> [B]	5:30 pm - 6:45 pm Mindful Yoga for Deep Stretch & Relaxation All Levels <i>Nancy</i> [B]	
 Like us on Facebook ~ Jade Wellness	7:00 pm - 8:30 pm Flow Yoga for Strength & Focus All Levels <i>Jena</i>	7:15 pm - 8:30 pm * Belly Dance Course (Feb 7-Mar 14, \$90/6 wk, or \$20/drop in) All Levels w. <i>Lola</i> [B]	7:30 pm - 8:45 pm Hot Soulful Flow Yoga (92°F) All levels <i>Tiff</i>	All of Angela's classes and some other classes are cancelled during March Break Week, March 12-17.

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

Class Passes

(All prices are subject to HST. All passes are non-refundable and non-transferable. 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)
Winter 12 Pack (Valid until April 1, 2018)	\$156 (\$13/class)	Winter 12 Pack Senior*/Student*/Lunch			\$120 (\$10/class)
Winter 24 Pack (Valid until April 1, 2018)	\$288 (\$12/class)	Winter 24 Pack Senior*/Student*/Lunch			\$216 (\$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.