

Jade Wellness Fall 18 Class Schedule ~ Sept 4 – Dec 23

(Closed on Labour Day Sept 3rd and Thanksgiving Monday October 8th)

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 Power Flow Pilates Intermediate level <i>Angela</i>	10:30 am - 11:30 am *Baby & Me Yoga Course (Sep 19-Oct 24. 6 wks/\$66) <i>Shirling</i>	10:00 am - 11:00 am Gentle Mat Pilates Beginner Level <i>Angela</i> [B]	9:15 am - 10:15 am ★ Reformer Level 2 & 3 (8 spots by reservation) Int- Adv Levels w. <i>Angela</i>
10:30 am - 11:45 am Hatha Yoga for Flexibility & Strength Intermediate Level w. <i>Lan</i>	10:30 am - 11:45 am Yoga for 50+ Intermediate level <i>Vicki</i>	12:10 pm - 12:55 pm (L) Slow Flow Yoga for Flexibility & Tranquility All Levels with <i>Shirling</i> [B]	10:30 am - 11:45 am Healing Yoga for Aches & Pains Beginner Level (Arthritis Friendly) <i>Vicki</i> [B]	★ 12:00 pm – 1:00 pm Reformer Level 1 & 2 (8 spots by reservation) Beg-Int Levels with <i>Angela</i>
★ 12:00 pm – 1:00 pm Reformer Level 1 & 2 (8 spots by reservation) Beginner-Intermediate Levels <i>Angela</i>	11:45 pm – 12:30 pm * BollyX Course -Bollywood Inspired Dance Fitness (Sep 18-Oct 23, 6 wks/\$72) All Levels w. <i>Ildiko</i> [B]	12:10 pm – 1:00 pm [B] *Intro to Reformer Course (Sep 19-Oct 10. 8 spots by pre-registration. 4 wks/\$80) Beginner Level w. <i>Angela</i>	12:10 pm - 1:00 pm (L) Core Precision Pilates All Levels <i>Angela</i>	12:10 pm – 12:55 pm (L) NEW! Lunch Hour Meditation & Relaxation (Sep 21-Oct 26) All Levels <i>Pooja</i>
12:10 pm - 12:55 pm (L) Vinyasa Flow Yoga for Strength & Toning All Levels <i>Allana</i>	12:10 - 12:55 (L) Ultimate Core Challenge Pilates Intermediate-Advanced Levels <i>Angela</i>	5:30 pm - 6:45 pm *Yoga Therapy for Grief & Loss Course (Sep 19-Oct 24, 6 wks/\$120) All Levels with <i>Tiff</i> [B]	12:10 pm – 12:55 pm *Lunch Time Belly Dance Course (Sep 20 – Nov 8, 8 wks/\$96) All Levels <i>Lan</i> [B]	5:30 pm - 6:45 pm Warm Candlelight Yin Yoga For Deep Stretch & Relaxation (78°F) All levels with <i>Tiff</i> [B]
5:30-6:45 pm Yang Yin Yoga All Levels <i>Kelly</i> [B]	6:00-6:45 pm * Family Yoga (Oct 1 - 29, 4 wks/\$40) <i>Shirling</i>	5:30 pm - 6:45 pm [B] NEW! * Movement & Meditation for Pain & Stress Management Course (Oct 31-Dec 5. 6 wks/\$120) <i>Tiff</i>	5:15 pm - 6:15 pm ★ Reformer Intense (8 spots by reservation) Intermediate-Advanced Levels <i>Angela</i>	Sat 11:30 am – 12:45 pm Vinyasa Flow Yoga All Levels <i>Jena</i>
4:15 pm – 5:00 pm (L) NEW! Hot Flow & Go Yoga (92°F. Nov 5 - Dec 17) Intermediate Level <i>Ruth</i>	5:30 pm – 6:45 pm *WHAT THE OM ~ Intro to Yoga Course (Sep 18- Oct 9, 4 wks/\$60) <i>Pooja</i> [B]	5:30 pm - 6:30 pm * Yoga & Meditation Course for Children 6 & up (Sep 26-Dec 12, \$96/12 wks) <i>Shirling</i>	5:30 pm - 6:45 pm Mindful Yoga for Deep Stretch & Relaxation All Levels <i>Nancy</i>	Sun 10:30 am – 11:45 am Gentle Vinyasa Flow Yoga All Levels with <i>Natasha</i> [B]
5:30 pm - 6:45 pm NEW! Happy Hot Power Yoga (92°F. Nov 5 - Dec 17) Intermediate-Advanced Levels <i>Natasha</i>	5:30 pm – 6:45 pm * Yoga for Chakra Balancing Course (Oct 16-Dec 4. 8 wks/\$111) All Levels with <i>Allana</i> [B]	7:00 pm - 8:15 pm Warm Candlelight Gentle Yoga (78°F) All Levels <i>Natasha</i> [B]	6:30 pm – 7:15 pm (L) Drop In Meditation Class (Sep 20-Oct 25/Nov 1-Dec 6. 6 wks/\$60 or lunch pass) All Levels with <i>Tiff</i> [B]	7:00 pm - 8:00 pm Meditation Support Group All are welcome By Donation <i>Mike</i>
7:30 pm - 8:45 pm Hot Candlelight Yin Yoga for Deep Stretch & Relaxation (92°F) All Levels <i>Jen</i>	7:00 - 8:30 pm Flow Yoga for Strength & Focus All Levels <i>Jena</i>	6:30– 7:30 pm NEW! Pilates Core Flow All Levels (Sep 25-Nov 27) <i>Angela</i>	7:15 pm – 8:30 pm * Belly Dance Course (Sep 12-Oct 17. 6 wks/\$90) All Levels <i>Lola</i> [B]	7:30 pm - 8:45 pm Hot Soulful Flow Yoga (92°F) Intermediate-Advanced Levels <i>Tiff</i>

[B] Beginner Friendly

👤 Prenatal Friendly (Please advise instructors about your pregnancy before classes.)

(L) Lunch Rates

* Advance registration is required for all courses. The class schedule is subject to change. Please visit our website for the most updated version.

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	★ Reformer (Valid for 1 year)	Single \$25	5 Pack \$100 (\$20 each)	10 Pack \$190 (\$19 each)	20 Pack \$360 (\$18 each)
Single Pass Regular	\$20	Single Pass for Senior*/Student*/Lunch				\$14
10 Pass Regular (Valid 1 year after first class)	\$140	10 Pass for Senior*/Student*/Lunch				\$110 (\$11/class)
Fall 16 Pack (Valid until Dec 31, 2018)	\$208 (\$13/class)	Fall 16 Pack Senior*/Student*/Lunch				\$160 (\$10/class)
Fall 32 Pack (Valid until Dec 31, 2018)	\$384 (\$12/class)	Fall 32 Pack Senior*/Student*/Lunch				\$288 (\$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.