



Jade Wellness Spring 2019 Class Schedule

April 1 – June 16, 11 weeks

Closed on good Friday April 19, Easter Monday April 22, and Victoria Day May 20

Mon	Tue	Wed	Thu	Fri	
9:15 am - 10:15 am ^B Pilates for Strong Bones & Back Health Beginner Level with <i>Angela</i>	10 am-11 am Power Flow Pilates Int lvl <i>Angela</i>	10:30-11:45 Yoga for 50+ Int lvl <i>Vicki</i>	10:00 am – 10:30 am ^B *Toddler & Me Yoga Course (1-3 yr old, Apr 24 - May 29, \$48 or \$10 drop in) <i>Sarah</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>	12:10 pm – 12:55 pm * Adult Ballet Course (Mar 26-Apr 30. \$60/6 wks) All Levels w. <i>Lan</i> ^B	11:00 am - 11:45 am ^B *Baby & Me Yoga Course (3 mths to pre-crawling, Apr 24 - May 29. \$60) <i>Sarah</i>	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 w. <i>Angela</i>	
12:00 pm – 1:00 pm ★ Reformer Level 1 & 2 (8 spots by reservation) Beginner-Intermediate Levels <i>Angela</i>	12:10 pm - 12:55 pm ^L Ultimate Core Challenge Pilates Intermediate-Advanced Levels <i>Angela</i>	12:10 pm - 12:55 pm ^L Soulful Flow Yoga for Peace & Tranquility All Levels <i>Shirling</i> ^B	12:10-1:00 pm Core Precision Pilates All lvls w. <i>Angela</i> ^L	12:10-12:55 *Belly Dance Course (Apr 4- May 2, \$40) w. <i>Lan</i> ^B ^L	
5:30 pm – 6:45 pm Warm Move & Restore Yoga (78°F) All Levels <i>Kelly</i> ^B	NEW! 1:30 pm – 2:30 pm *Gentle Yoga for 75+ Course (Apr 2 - 23, \$40) Beginner Level <i>Vicki</i> ^B	1:30 pm – 2:30 pm * Gentle Chair Yoga Course (May 8 - 29. \$40) Beginner Level <i>Shirling</i> ^B	5:15 pm - 6:15 pm ★ Reformer Level 2 & 3 (8 spots by reservation) Intermediate-Advanced Levels <i>Angela</i>	Sat NEW! 10:30 am – 11:30 am ★ Reformer Level 1 & 2 (Apr 6–May 18, \$115 or Drop In) <i>Angela</i>	
6:00 pm – 6:45 pm * Family Yoga Course (Families with children ages 5 & up. May 6-27, \$40/family) <i>Shirling + Jade</i>	5:15 pm - 6:15 pm ★ Reformer Level 1 & 2 (8 spots by reservation) Beginner-Intermediate Levels <i>Angela</i>	5:15 pm – 5:45 pm *Kids Yoga Course for Children Ages 4 – 6 (Apr 24 - May 29, \$48) <i>Shirling</i> ^B	5:30 pm – 6:45 pm Mindful Yoga for Deep Stretch & Relaxation (Mar 28- May 2) All Levels w. <i>Nancy</i>	10:15 am – 11:15 am Monthly Karma Class By Donation ~Radiant Energy Vinyasa Yoga (Apr 27, May 25, Jun 29) All Levels w. <i>Sarah</i>	
(NEW TIME) 7:15 pm - 8:30 pm Hot Candlelight Yin Yoga for Deep Stretch & Relaxation (92°F) All Levels <i>Jen</i>	5:30 pm – 6:30 pm * What the Om-Intro to Yoga Course (Mar 26-Apr 30. \$66) Designed for Beginners <i>Nancy</i> ^B	6:00 pm – 6:45 pm *Kids Yoga Course for 7 + (Apr 24 - May 29, \$60) <i>Shirling</i> ^B	7:30 pm – 9:00 pm Hot Power Flow Yoga (92°F) Intermediate Level <i>James</i>	11:30 am – 12:45 pm Vinyasa Flow Yoga All Levels <i>Jena</i>	
PD DAY YOGA CAMP For 6 - 9 years old Half or Full Day PD Day Family Yoga 11-11:30 am, For ages 1-6 SUMMER YOGA CAMP The weeks of July 15, July 22 & July 29. 10 Spots. For 5 – 9 years old.	NEW! 5:30 pm – 6:45 pm Reiki-Infused Calming Flow Yoga (May 7 – 28) All Levels <i>Sarah</i>	7:00 pm - 8:15 pm Candlelight Gentle Yoga All Levels <i>Natasha</i> ^B	* Run Jade Run~ Women's 5 K Running Clinic Mon/Wed, Apr 15 - Jun 5. 5:15pm-6 pm. 1/wk ~ \$72, 2/wk ~ \$112 ^B	Sun 10:30 am – 11:45 am Gentle Flow Yoga All Levels <i>Natasha</i> ^B	
	6:30 – 7:30 pm Pilates Core Flow All Levels <i>Ange</i>	7:00 - 8:15 pm Flow Yoga for Strength & Focus All Levels w. <i>Jena</i>	7:30 pm – 8:45 pm Belly Dance (Mar 20-May 8) All Levels <i>Lola</i> ^B	7:00 pm - 8:00 pm Meditation Support Group All are welcome By Donation <i>Mike</i>	

^B Beginner Friendly

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

^L Lunch Rates Apply

* 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 yr after first class)	\$140 (\$14/class)	10 Pass for Senior*/Student*/Lunch				\$110 (\$11/class)
Spring 11 Pack (valid til June 30)	\$143 (\$13/class)	Spring 11 Pack for Senior*/Student*/Lunch				\$110 (\$10/class)
Spring 22 Pack (valid til June 30)	\$264 (\$12/class)	Spring 22 Pack for Senior*/Student*/Lunch				\$198 (\$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.