





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

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	Single	5 Pack	10 Pack	20 Pack
		(Valid for 1 year)	\$25	\$100 (\$20 each)	\$190 (\$19 each)	\$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)

\* To be eligible for student or senior rates, one must be a full-time student or over 60 years of age with valid ID.