



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 L Adult Ballet (til June 18) 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 (til June 13) All Levels <i>Lan</i> L	5:30 pm - 6:45 pm Warm Candlelight Restorative Yoga (78°F) All levels <i>Allana</i> B
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 (June 5-26. \$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>	
5:30 pm – 6:00 pm * Family Yoga Course (Families with children ages 2-4. May 6-27, \$40/family) <i>Sarah</i>	5:15 pm - 6:15 pm ★ Reformer Level 1 & 2 (8 spots by reservation) Beginner-Intermediate Levels <i>Angela</i>	* 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	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 (Jun 29) All Levels w. <i>Sarah</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>	NEW! 5:30 pm – 6:45 pm Reiki-Infused Calming Flow Yoga All Levels <i>Sarah</i>	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>	
(NEW TIME) 7:15 pm - 8:30 pm Hot Candlelight Yin Yoga for Deep Stretch & Relaxation (92°F) All Levels <i>Jen</i>	6:30 – 7:30 pm Pilates Core Flow All Levels <i>Ange</i>	7:00 pm - 8:15 pm Candlelight Gentle Yoga All Levels <i>Natasha</i> B	 	Sun 10:30 am – 11:45 am Gentle Flow Yoga All Levels <i>Natasha</i> B	
Also Available: PD DAY YOGA CAMP PD Day Family Yoga SUMMER YOGA CAMP	7:00 - 8:15 pm Flow Yoga for Strength & Focus All Levels <i>Jena</i>	7:30 pm – 8:45 pm Belly Dance (Mar 20-May 29) 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	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.