





Jade Wellness Winter 19 Class Schedule

~ January 7 - March 31, 12 weeks ~

(Closed on Family Day February 18th, and no Pilates & reformer class March 11 - 17)

Mon	Tue	Wed	Thu	Fri
9:15 am - 10:15 am ^B Pilates for Strong Bones & Back Health Beginner Level with <i>Angela</i>	10:00 am - 11:00 am Power Flow Pilates Intermediate level <i>Angela</i>	Corporate classes & private sessions are available.	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 with <i>Angela</i>
10:30 am - 11:45 am Hatha Yoga for Flexibility & Strength Intermediate Level with <i>Lan</i>	10:30 am - 11:45 am Yoga for 50+ Intermediate level <i>Vicki + Shirling</i>	10:30 am - 11:30 am *Baby & Me Yoga Course (Jan 23 - Feb 27. \$66. 3 mths to pre-crawling) <i>Shirling</i> ^B	10:30 am - 11:45 am ^B Healing Yoga for Aches & Pains Beginner Level (Arthritis Friendly) with <i>Vicki + Shirling</i>	10:30 am - 11 am ^B *Toddler & Me Yoga Course (For families w/ 1-3 yr old, Feb 1-Mar 8, \$48/child) <i>Sarah</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 * Adult Ballet Course (Jan 8 - 29/Feb 26 - Mar 26. \$40/4 weeks) All Levels ^B	12:10 pm - 12:55 pm ^L Soulful Flow Yoga for Peace & Tranquility All Levels <i>Shirling</i> ^B	12:10 pm - 1:00 pm ^L Core Precision Pilates All Levels <i>Angela</i>	12:00 pm - 1:00 pm ★ Reformer Level 1 & 2 (8 spots by reservation) Beg-Int Levels <i>Angela</i>
5:15-5:45 pm * Yoga Course for Kids Ages 4 - 6 (Jan 21-Mar 4, \$48) <i>Stephanie</i>	12:10 - 12:55 ^L Ultimate Core Challenge Pilates Intermediate-Advanced Levels <i>Angela</i>	1:30 pm - 2:30 pm NEW! * Gentle Chair Yoga Course (Jan 23 - Feb 13. \$44) Beginner Level <i>Shirling</i> ^B	12:10 pm - 12:55 pm Belly Dance (Jan 10 - 31/Feb 28 - Mar 28.) All Levels ^B <i>Lan</i>	5:30 pm - 6:45 pm Warm Candlelight Restorative Yoga (78°F) All levels <i>Allana</i> ^B
5:30-6:45 pm Move & Restore Yoga All Levels <i>Kelly</i>	5:15 pm - 6:15 pm ★ Reformer Level 1 & 2 (8 spots by reservation) Beginner-Intermediate Levels <i>Angela</i>	5:30 pm - 6:30 pm *MINDFULNESS ~ Intro to Meditation Course (Feb 13 - Mar 6, \$44.) Beginner Level <i>Leslie</i> ^B	5:15 pm - 6:15 pm ★ Reformer Level 2 & 3 (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>
6:00 pm - 7:00 pm * Family Yoga Course (Adults + children ages 5 & up) (Jan 21 - Feb 11, \$40/child) <i>Shirling + Jade</i>	5:15 pm - 6:15 pm * What the Om-Intro to Yoga Course (Jan 22-Feb 26. \$66) Designed for Beginners <i>Nancy</i> ^B	6:30 pm - 7:15 pm * Yoga & Meditation Course for Children 7 & up (Jan 16-Mar 6, \$80, 8 spots) <i>Shirling</i>	7:30 pm - 8:45 pm Hot Power Flow Yoga (92°F) Intermediate-Advanced Levels <i>James</i>	Sun 10:30 am - 11:45 am Gentle Vinyasa Flow Yoga All Levels with <i>Natasha</i> ^B
6:00 pm - 8:00 pm * Mindfulness Based Stress Reduction Course (Feb 25-Apr 15, \$150) All Levels with <i>Leslie</i>	6:30 - 7:30 pm Pilates Core Flow All Levels (Jan 8 - Feb 26) <i>Ange</i>	7:00 pm - 8:15 pm Warm Candlelight Gentle Yoga (78°F) All Levels <i>Natasha</i> ^B	Please register in advance for Courses marked with *	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 - 8:15 pm Flow Yoga for Strength & Focus All Levels <i>Jena</i>	7:30 pm - 8:45 pm * Belly Dance Course (Jan 9 - Feb 13. \$90) All Levels <i>Lola</i> ^B	 	

^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 yr)	Single	5 Pack	10 Pack	20 Pack
			\$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.