







Jade Wellness Fall Class Schedule

September 1 - December 20 (Closed on Thanksgiving Monday, October 12)

MON	TUE	WED	THU	FRI	
10:15 am - 11:55 am Gentle Mat Pilates for Musculoskeletal Health  Lynn B	10:00 am - 11:00 am Power Flow Pilates Intermediate Level Angela	10:30 am - 11:30 am 'Virtual' Baby & Me Yoga Course* (Oct 7 - Nov 11, \$90) Sarah B	10:00 am - 11:00 am Gentle Mat Pilates Beginner Level Angela B	9:15 am - 10:15 am ★ Reformer Level 2 & 3 Intermediate-Advanced Levels Angela	
10:30 am - 11:45 am Hatha Yoga for Flexibility & Strength Intermediate Level Lan	10:00 am - 11:00 am 'Virtual' Power Flow Pilates Intermediate Level Angela	10:30 am - 11:30 am Gentle Chair Yoga Beginner Level (Osteoporosis Friendly, Lunch Rate)  Shirling B	10:00 am - 11:00 am 'Virtual' Gentle Mat Pilates Beginner Level Angela B	10:30 am - 11:00 am 'Virtual' Ignite & Invigorate Yoga All Levels (Oct 16 - Nov 20, \$8 or \$30/6wks) Sarah	
★ 12:00 pm - 1:00 pm Reformer for Stability Strength & Suppleness All Levels Lynn	10:30 am - 11:45 am Yoga for 50+ Intermediate level Vicki	★ 12:00 pm - 1:00 pm Reformer Level 1 & 2 Beginner-Intermediate Levels Angela B	10:30 am - 11:45 am Healing Yoga (Arthritis Friendly) All Levels Vicki	★ 12:00 pm - 1:00 pm Reformer Level 1 & 2 Beginner-Intermediate Levels Angela B	
12:10 pm - 12:55 pm Adult Ballet for Toning & Flexibility All Levels (Lunch Rate) Lan	12:10 pm - 12:55 pm Gentle Yoga with Essential Oils All Levels (Lunch Rate) Ana B	12:10 pm - 12:55 pm Soulful Flow Yoga for Peace & Tranquility All Levels (Lunch Rate) Shirling B	12:10 pm - 1:00 pm Core Precision Pilates All Levels (Lunch Rate) Angela	5:30 pm - 6:45 pm Candlelight Yin Yoga All levels  Jennifer B	
7:00 pm - 8:15 pm Candlelight Yin Yoga All Levels Jennifer	★ 5:15 pm - 6:15 pm Reformer Level 1 & 2 Beginner-Intermediate Levels Angela	★ 5:30 pm - 6:30 pm Reformer Cardio with Plyometrics Level 2 & 3 Lynn	12:00 pm - 12:45 pm Meditation - A Path to Calmness & Clarity Course* (8 wks for \$120, Oct 1-Nov 19) Leslie	SAT	
	7:00 pm - 8:00 pm 'Virtual' Belly Dance Course* All Levels (8 wks for \$136, Oct 13 - Dec 1) Lola B	7:00 pm - 8:00 pm 'Virtual' Intro to Mindful Meditation Course* (4 wks for \$75, Oct & Nov) Angelique B	5:30 pm - 6:30 pm Power Flow Pilates Intermediate Level Maggie	11:30-12:45 Playful Vinyasa Flow Yoga All Levels James	11:30-12:45 'Virtual' Playful Vinyasa Flow Yoga James
	Private personal and group sessions are available in yoga, Pilates, meditation and dance	7:00 - 8:15 pm Slow Flow Yoga All Levels Laurence B	7:00 - 8:15 pm 'Virtual' Slow Flow Yoga All Levels Laurence B	7:00 - 8:30 pm Warm Vinyasa Flow Yoga All Levels (78°F) James	7:00 - 8:30 pm 'Virtual' Vinyasa Flow Yoga All Levels James
				SUN	
				10:00 am - 11:15 am Gentle Flow Yoga (Begins October 18) All Levels w/Ruth B	

B Beginner Friendly

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

Virtual Class via Zoom

The class sizes are limited to maintain physical distance. Please register at least 1 hour in advance to reserve your spot, preferably via Mindbody on our website. It's best to bring your own mat, props and water. Please wear a mask and sanitize hands upon entry and only remove your mask during class. For virtual classes: we will send out a zoom meeting info email 1-hour prior.

RATES

(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 1 year)	Single	5 Pack	10 Pack	20 Pack
			\$25	\$100 (\$20 each)	\$190 (\$19 each)	\$360 (\$18 each)
Regular Rate Class Passes			Discount Passes for Senior*/Student*/Lunch Rate Classes			
Single Pass Regular	\$20	Single Discount Drop in Pass			\$17	
5 Pack Regular (valid 1 year after first class)	\$90 (\$18/class)	5 Discount Passes (valid 1 year after first class)			\$75 (\$15/class)	
10 Pass Regular (valid 1 year after first class)	\$160 (\$16/class)	10 Discount Class Passes (valid 1 year after first class)			\$130 (\$13/class)	

*Senior: 60+ Student: full time with student ID

This schedule is subject to change, please visit our website for the most up to date version.