



Jade Wellness Winter 2021 Class Schedule

January 11 – April 4 (12 week. Closed on Family Day, Feb 15)

MON	TUE	WED	THU	FRI
10:15 am - 11:55 am Restore and Core Pilates <online option available> All Levels Lynn B	6:45 am – 7:45 am * Online Cardio + Pilates Combo All levels (Jan 12 – Feb 2, 4 wks/\$40) Lynn	 10:30 am - 11:15 am * Online Baby & Me Yoga Course (Feb 3 - Mar 10, \$90) Sarah B	6:45 am – 7:45 am * Online TRX + Pilates Combo All levels (Jan 14 – Feb 4, 4 wks/\$40) Lynn	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 <online option available> Int Lvl with Lan	10:00 am - 11:00 am Power Flow Pilates <online option available> Intermediate Level Angela	10:30 am - 11:15 am * Online Baby & Me Yoga Course (Feb 3 - Mar 10, \$90) Sarah B	10:00 am - 11:00 am Gentle Mat Pilates <online option available> Beginner Level Angela B	10:30 am – 11:00 am Online Ignite & Invigorate Yoga All Levels (\$8 special rate) Sarah
12:00 pm – 1:00 pm ☆ Reformer – Playful, Strong, Fluid 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	12:00 pm – 1:00 pm Gentle Chair Yoga Beginner Level (Osteoporosis Friendly, Lunch Rate) Shirling 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 <online option available> All Levels (Lunch Rate) Angela	5:30 pm - 6:45 pm Candlelight Yin Yoga All levels Jennifer B
5:30 pm - 6:30 pm NEW! Power Flow Pilates <online option available> Intermediate-Advanced Lvl (Starts Jan 11) Michelle	☆ 5:15 pm - 6:15 pm Reformer Level 1 & 2 Beginner-Intermediate Levels Angela	5:30 pm – 6:30 pm ☆ Reformer – Glow, Strengthen, Flow Level 2 & 3 Lynn	12:00 pm – 1:00 pm Gentle Chair Yoga Beginner Level (Osteoporosis Friendly, Lunch Rate) Shirling B	SAT 10:00 am – 11:15 am Gentle Flow Yoga All Levels Ana B
7:00 pm – 8:15 pm Candlelight Yin Yoga All Levels Jennifer	7:00 – 8:00 pm Online Calming Lunar Yoga All Levels Sarah	7:00 - 8:15 pm * Online Belly Dance Course (Jan 19 - Mar 16, \$120) All Levels w/Lola	5:30 pm – 6:30 pm Pilates Sweat Intermediate Level Maggie	SUN 11:00 am – 12:15 pm Breath & Flow Yoga All Levels (Jan 24-Feb 28) Natasha

B Beginner Friendly Prenatal Friendly <online option available> Can join live via zoom * Course with a set rate

Our COVID-19 Protocol: 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 bottle. Please wear a mask and sanitize hands upon entry and only remove your mask during class. For online 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.