

Fall Pilates & Yoga Sessions

CLASSES BEGIN THE WEEK OF SEPTEMBER 13 2010

<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>
1:00 PM Mat Work	9:30 AM Seniors only Pilates		5:00-6:30 PM Yoga		PRIVATE Sessions
5:30 PM Mat Circuit	PRIVATE Sessions		6:30 PM Mat work		
6:30 PM Bosu Circuit					

- For more information please log-on to our website www.gophysio.ca or call 905-528-5847
- In addition to our group classes, we offer **Private** and **Semi-Private Pilates Sessions** primarily taught on our Reformer, Cadillac and Barrel equipment.

To register please call 905-528-5847 or drop-in!