

STOTT PILATES®

Group Class Schedule

valid as of March 1, 2012

*Instructors subject to change without notice

CONTACT US
 PHONE 416-482-4050 x221
 FAX 416-482-2742
 EMAIL studio@stottpilates.com
 WEBSITE www.stottpilatesstudio.com

STUDIO HOURS
 WEEKDAYS 7am – 8pm
 SATURDAYS 9am – 3pm

monday	tuesday	wednesday	thursday	friday	saturday
	7am - 8am Group SPX Reformer Rie		7am - 8am Group SPX Reformer Michael		9am - 10am Group SPX Reformer Sarka
10am - 11am Circuit Training Karen	10am - 11am Group SPX Reformer Bianca	10am - 11am Group SPX Reformer Tania	10am - 11am Group Matwork Judi	10am - 11am Group SPX Reformer Rie	10am - 11am Group SPX Reformer Judi
					10am - 11am Group Matwork Safia
12pm - 1pm Group Matwork Tania	12pm - 1pm Group SPX Reformer Tania	12pm - 1pm Group SPX Reformer Lisa	12pm - 1pm Group SPX Reformer Lisa	12pm - 1pm Group Matwork Afseneh	11am - 12pm Group SPX Reformer Judi
1pm - 2pm Group SPX Reformer Sarah				1pm - 2pm Group SPX Reformer Afseneh	12pm - 1pm Circuit Training Sahara
					12pm - 1pm Group SPX Reformer Sarka
					1pm - 2pm Group SPX Reformer Sarka
				5pm - 6pm Group Matwork Bianca	5pm - 6pm Group SPX Reformer Sarka
★ 6pm - 7pm Group SPX Reformer Michael	6pm - 7pm Circuit Training Sarah	NEW 6pm - 7pm Group Matwork Sarka	6pm - 7pm Pilates on a Roll Judi	5pm - 6pm Matwork Orientation Karen	
★ 4th class of month is a Jumpboard class	6pm - 7pm Group SPX Reformer Michael	6pm - 7pm Group SPX Reformer Jason	★ 6pm - 7pm Group SPX Reformer Bianca	6pm - 7pm Reformer Orientation Karen	
6pm - 7pm Pilates on a Roll Judi	★ 3rd class of month is a Jumpboard class	7pm - 8pm Stability Chair™ with Props Sarka	★ 1st class of month is a Jumpboard class		
7pm - 8pm Group SPX Reformer Karen	NEW 7pm - 8pm Group Matwork Eve		7pm - 8pm Group SPX Reformer Karen		
7pm - 8pm Group Matwork Judi	7pm - 8pm Group SPX Reformer Lisa	7pm - 8pm Group SPX Reformer Jason	7pm - 8pm Group Matwork Jason		

LEGEND: ■ = Essential ■ = Essential / Intermediate ■ = Intermediate ■ = Orientation

Group Class Descriptions

STUDIO HOURS
WEEKDAYS 7am – 8pm
SATURDAYS 9am – 3pm

Group SPX™ Reformer Orientation

Duration: 55 min

This class gives participants a preview of what to expect in a Group SPX Reformer class and is mandatory before joining Group Reformer classes. We review the Five Basic Principles of STOTT PILATES and introduce the Reformer, the most popular piece of STOTT PILATES equipment. Participants get an energizing total body workout and learn about the Reformer, its benefits, how to set it up. **Capacity for the Group SPX Reformer orientation session is eight participants.**

Group Matwork Orientation

Duration: 55 min

This orientation class offers participants an introduction to Matwork, the foundation of Pilates exercise and is mandatory before joining Group Matwork classes. We review the Five Basic Principles of STOTT PILATES and learn essential exercises to establish core strength and stability and heighten mind-body awareness. Props may be incorporated to add variety and increase intensity. **Capacity for the Group Matwork orientation session is eight participants.**

Group SPX Reformer

Duration: 55 min

Once you've taken a Reformer Orientation, you can move up to the Group SPX Reformer class. These classes are all performed on the STOTT PILATES Reformer and progress from Essential level to an Intermediate level. The pace is moderate, yet challenging and will tone and lengthen muscles, strengthen the core and provide an invigorating total body workout. **Capacity for the Group SPX Reformer classes is eight participants.** Participants must take the Group SPX Reformer Orientation or receive training on the Reformer prior to taking this class. **Class capacity is eight participants.**

Essential Matwork

Duration: 55 min

A great starting point for beginners, the Essential Matwork class teaches the Five Basic Principles of STOTT PILATES, and builds a foundation of exercises required to move on to the next level. This mat-based workout is designed to help participants develop longer, leaner muscles, establish core strength and stability, and heighten mind-body awareness. Props may be incorporated to add variety. Participants are welcome to stay in the essential classes until they feel confident enough to enter the essential / intermediate class. **Matwork class capacity is eight participants.**

Circuit Training

Duration: 55 min

Get ready for a challenging, 60-minute, non-stop workout. STOTT PILATES Circuit Training classes alternate between exercises on the Mat, Reformer, Stability Chair, Barrels, BOSU, Foam Roller and other smaller props. This class is best suited for those who feel very comfortable with Essential level exercises and would like to add challenge to their workout. To participate, clients must have taken an introductory private and five private or semi-private sessions with an instructor. Please also discuss your interest in the class with your instructor so they can determine whether your skill level is compatible. **Class capacity is six participants.**

Essential / Intermediate Matwork

Duration: 55 min

For more challenge, Matwork classes at the Essential / Intermediate level will take you through a dynamic, full-body workout that focuses on improving flexibility and core strength, with exercises that stretch and tone all muscle groups. Programming may vary from session to session to include, Stability Balls, Foam Rollers, Flex Band® exercisers, Toning Balls, Fitness Circle® resistance rings, and BOSU®* trainers. **Matwork class capacity is eight participants.**

Postural Analysis Test

Duration: 55 min

During this hour-long assessment, your posture, flexibility and stability will be evaluated. Based on your results we can fine-tune your Pilates exercises to meet your individual needs and improve your overall fitness.

Benefits of your postural analysis and functional fitness evaluation:

- ▶ Reduce pain and stress
- ▶ Improve your body's function
- ▶ Increase the efficiency of your workouts
- ▶ Reach your fitness goals faster

NEW

Pilates on a Roll

Duration: 55 min

Try out our newest group class - Pilates on a Roll! It will wake you up and get you rolling. This inspiring and innovative session will incorporate props that roll, large and Mini Stability Ball™, BOSU®*, Foam Roller and Toning Balls™. Reinvent your mat workout, try some new exercises and put more bounce in your life. **Class capacity is eight participants.**

Essential/Intermediate Stability Chair w/Props

Duration: 55 min

The Stability Chair with props is an essential and intermediate level class that takes you through a dynamic, full body workout focusing on improving flexibility, stability, and muscle tone. Programming may vary to include Stability balls, Flex band, toning balls, fitness circle and Bosu exercises. Stability Chair with Props class will be limited to six people.



Call 416-482-4050 ext 221 to reserve today!

Call for details. Group Matwork® programming will vary per session.

STOTT PILATES®

Class Fee Schedule

valid as of March 1, 2012

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package type	certified instructor		instructor trainer	
introductory packages	session rate	package price	session rate	package price
introductory private session	\$ 71.00	\$ 71.00	\$ 75.00	\$ 75.00
first five privates	57.20	286.00	61.00	305.00
first ten privates	55.30	553.00	59.10	591.00
first twenty privates	54.30	1,086.00	58.10	1,162.00
first forty privates	53.35	2,134.00	57.15	2,286.00
private packages	session rate	package price	session rate	package price
single private	\$ 71.00	\$ 71.00	\$ 75.00	\$ 75.00
five privates	63.00	315.00	66.80	334.00
ten privates	60.50	605.00	64.30	643.00
twenty privates	57.40	1,148.00	61.20	1,224.00
forty privates	55.25	2,210.00	59.05	2,362.00
semi-private packages	session rate	package price	session rate	package price
single semi-private	\$ 41.00	\$ 41.00	\$ 43.00	\$ 43.00
five semi-privates	36.60	183.00	38.60	193.00
ten semi-privates	35.60	356.00	37.50	375.00
twenty semi-privates	34.55	691.00	36.45	729.00
forty semi-privates	32.40	1,296.00	34.30	1,372.00
circuit training packages	session rate	package price		
single group class	\$ 32.00	\$ 32.00		
five group classes	28.20	141.00		
ten group classes	27.20	272.00		
twenty group classes	26.20	524.00		
forty group classes	25.00	1,000.00		
group matwork® packages	session rate	package price		
orientation class	FREE	FREE		
single class	\$ 15.00	\$ 15.00		
ten class package	11.50	115.00		
group SPX Reformer™ packages	session rate	package price		
orientation class	FREE	FREE		
single Group SPX Reformer class	\$ 15.00	\$ 15.00		
ten Group SPX Reformer classes	12.40	124.00		
			NEW	stability chair with props
			session rate	package price
			\$ 17.00	\$ 150.00



Intro Class Offer 3 for \$37.20*

* Refers to Matwork & Reformer classes only. Must be purchased on day of orientation. Limit one per customer.

taxes are not included in all rates

package type	certified instructor			instructor trainer		
introductory	cost no tax	tax	total	cost no tax	tax	total
introductory private session	\$ 71.00	\$ 9.23	\$ 80.23	\$ 75.00	\$ 9.75	\$ 84.75
first five privates	286.00	37.18	323.18	305.00	39.65	344.65
first ten privates	553.00	71.89	624.89	591.00	76.83	667.83
first twenty privates	1,086.00	141.18	1,227.18	1,162.00	151.06	1,313.06
first forty privates	2,134.00	277.42	2,411.42	2,286.00	297.18	2,583.18
private	cost no tax	tax	total	cost no tax	tax	total
single private	\$ 71.00	\$ 9.23	\$ 80.23	\$ 75.00	\$ 9.75	\$ 84.75
five privates	315.00	40.95	355.95	334.00	43.42	377.42
ten privates	605.00	78.65	683.65	643.00	83.59	726.59
twenty privates	1,148.00	149.24	1,297.24	1,224.00	159.12	1,383.12
forty privates	2,210.00	287.30	2,497.30	2,362.00	307.06	2,669.06
semi-private	cost no tax	tax	total	cost no tax	tax	total
single semi-private	\$ 41.00	\$ 5.33	\$ 46.33	\$ 43.00	\$ 5.59	\$ 48.59
five semi-privates	183.00	23.79	206.79	193.00	25.09	218.09
ten semi-privates	356.00	46.28	402.28	375.00	48.75	423.75
twenty semi-privates	691.00	89.83	780.83	729.00	94.77	823.77
forty semi-privates	1,296.00	168.48	1,464.48	1372.00	178.36	1550.36
circuit training	cost no tax	tax	total	promotional offers		
single group class	\$ 32.00	\$ 4.16	\$ 36.16			
five group classes	141.00	18.33	159.33			
ten group classes	272.00	35.36	307.36			
twenty group classes	524.00	68.12	592.12			
forty group classes	1,000.00	130.00	1,130.00	intro group class – 3pk		
group matwork®	cost no tax	tax	total	cost no tax	tax	total
orientation class	\$ FREE	\$ FREE	\$ FREE	\$ 37.20	4.84	42.04
single class	15.00	1.95	16.95	postural analysis		
ten class package	115.00	14.95	129.95	cost no tax	tax	total
group SPX Reformer™	cost no tax	tax	total	\$ 71.00	9.23	80.23
orientation class	\$ FREE	\$ FREE	\$ FREE	promo private		
single Group SPX Reformer class	15.00	1.95	16.95	cost no tax	tax	total
ten Group SPX Reformer classes	124.00	16.12	140.12	\$ 35.50	4.62	40.12
other	cost no tax	tax	total	instructor trainer promo private		
Canadian Tire single	\$ 11.50	\$ 1.50	\$ 13.00	cost no tax	tax	total
Canadian Tire 10pk	96.00	12.48	108.48	\$ 37.50	4.88	42.38
Canadian Tire 20pk	154.00	20.02	174.02	semi-private promo		
Apprentice Single	24.00	3.12	27.12	cost no tax	tax	total
Apprentice 5pk	96.00	12.48	108.48	\$ 20.50	2.67	23.17
Apprentice Semi-Private Single	15.00	1.95	16.95	instructor trainer semi-private promo		
Family Friend	10.00	1.30	11.30	cost no tax	tax	total
Family Friend Semi-Private	7.50	0.98	8.48	\$ 21.50	2.80	24.30
				stability chair w/ props single class		
				cost no tax	tax	total
				\$ 17.00	2.21	19.21
				stability chair with props – 10 pack		
				cost no tax	tax	total
				\$ 150.00	19.50	169.50

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