

# Active Options

## 2012 Schedule of Classes and Fees

### Monday

Cardiac Rehab Program		1:00 – 2:15	P/F Centre
Mindful Movement (Level 1)		11:05 – 11:50	Balanced Motion

### Tuesday

Building Bones (All Levels)		11:00–noon	P/F Centre
Noon Hour Yoga & Pilates (All Levels)		12:10 – 12:50	P/F Centre
Yoga (Level 1)		4:30 – 5:30	Balanced Motion

### Wednesday

Sunrise Yoga & Pilates (Level 2)		6:45 – 7:45 am	P/F Centre
Men's Yoga Stretch (Level 1)		8:30 – 9:30 am	Balanced Motion

### Thursday

Restorative Yoga (All Levels)		9:30 -10:30 a.m.	Balanced Motion
Building Bones (All Levels)		11:00 – noon	P/F Centre
Yoga & Pilates (All Levels)		4:30 – 5:30	P/F Centre
CardiacRehab Program		1:00 - 2:15 p.m.	P/F Centre

### Friday

Yoga & Pilates (Level 2)		10:30 – noon	P/F Centre
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### Fee Schedule

#### **6 Week Session:**

(one class per week)	\$60 + HST (7.80)	\$67.80
(two classes per week)	\$110+HST (14.30)	\$124.30
(three classes per week)	\$159+HST (20.67)	\$179.67

#### **Class Cards:**

6 Class Card:	\$72 + HST (9.36)	\$81.36
10 Class Card:	\$115.00+HST (14.95)	\$129.95
Drop-in Rate per Class:	\$ 13.00 + HST (1.69)	\$14.69

**Noon Hour  
Yoga & Pilates**

6 Week Session Fee: \$48.00+HST (6.24) \$54.24  
6 Class Card: \$51.60+ HST(6.70) \$58.31  
10 Class Card: \$86.00+ HST (11.18) \$97.18

**Mindful Movement 45  
min Class**

\$48.00 + HST(6.24) \$54.24

**Friday 1.5 hour class**

10 class card: \$130 +HST (16.90) = \$146.90  
Drop in for Friday: \$15.00 + HST(1.95) = 16.95

**Combining Wednesday  
& Friday Classes**

Wednesday 105+HST (13.65) = 118.65  
Friday 120+HST (15.60) = 135.60  
Total: \$254.25

**Private Sessions**

\$50.00/Hour + HST (6.50) = 56.50

**Session One:** Monday December 5<sup>th</sup> – Friday February 3<sup>rd</sup> ( No classes from December 19<sup>th</sup> – Friday January 6<sup>th</sup>)

**Session Two:** Monday February 6<sup>th</sup> – Friday March 23<sup>rd</sup> (No classes March Break or Family Day).

**Session Three:** Monday March 26<sup>th</sup> – Friday May 4<sup>th</sup>

All 6 Week Sessions

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