

WINTER CLASS SCHEDULE

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1387 Walkers Line,
 Burlington ON L7R 3X5

905-332-5060

MONDAY

10 Weeks – January 16-March 26 (No class February 20)

6:30-7:30 PM Mat 1 – *Elyse* \$200.00

12 Weeks – January 2-March 26 (No class February 20)

7:30-8:30 PM Mat 2 – *Elyse* \$264.00

TUESDAY

13 Weeks – January 3-March 27

1:00-2:00 PM Reformer 1+ – *Dawn* \$351.00

7:15-8:15 PM Rehab Yoga – *Derek* \$15.00/class drop-in only

WEDNESDAY

13 Weeks – January 4-March 28

1:00-2:00 PM Reformer 2 – *Dawn* \$351.00

6:30-7:30 PM Reformer 1+ – *Dawn* \$351.00

7:30-8:30 PM Mat 2 – *Dawn* \$286.00

THURSDAY

13 Weeks – January 5-March 29

6:30-7:30 PM Mat 1+ – *Elyse* \$286.00

11 Weeks – January 19-March 29

7:30-8:30 PM Mat 1 – *Elyse* \$220.00

FRIDAY

11 Weeks – January 6-March 30 (No class February 24 or March 2)

9:30-10:30 AM Reformer 2 – *Dawn* \$297.00

SATURDAY

11 Weeks – January 7-March 31 (No class February 25 or March 3)

10:00-11:00 AM Reformer 2 – *Dawn* \$297.00

MATWORK

Mat Level 1 - A great starting point! This class offers the beginner an introduction to matwork. The principles of pilates and essential exercises are taught to establish core strength and stability. The focus will be on body awareness and breathing.

Mat Level 2/Bosu - This dynamic class offers a full body workout with more of a challenge. Small equipment will be incorporated to further develop strength, flexibility and coordination. The Bosu plays a integral part in this workout taking it to the next level and introducing an element of balance and proprioception. This class will bring life to muscles you never knew you had. A moderate fitness level is required.

REFORMER

Reformer Level 1 - This equipment class is designed for the beginner. An introduction to Pilates is incorporated so those with no previous experience are welcome to join. Coordination and strength building with resistance is the focus.

Reformer Level 2 - For those looking for a challenge. This class will offer a full body vigorous workout at the intermediate level. Reformer level one experience is mandatory and a moderate level of fitness is required.

REHAB YOGA

A gentle flow class using traditional hatha yoga poses, intelligently modified for neck and back pain. No experience needed. All levels welcome.

FREE WORKSHOPS January 7th – 1:00 PM
 January 12th – 7:30 PM

