



IN-STUDIO CLASSES February 1 - 28, 2023

Monthly registration required for In-Studio Classes - CONTACT STEPHANIE at fitness@eastlink.ca or 902-314-4388
(Classes WILL be held on Islander Day February 20)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00am 3+ Pilates Matwork (SN)		9:00am 3+ Pilates Matwork (SN)	8:30am 4+ Reformer (SK/SN)	
10:00am 3+ Reformer (SN)	10:00am 3+ Reformer (SN)		10:00am 3+ Reformer (SN)		9:15am 3+ Pilates Mat with Props (SK/KB)
					10:15am Essential Pilates Mat Progressions (SK/KB)
		<i>*NEW*</i> 12:10pm – 12:50pm GROUP TRX CLASS <i>is back!</i> (SK)	12:00pm Essential Reformer (KB)		
4:30pm 4+ Reformer (SN/SK)	5:00pm 3/4 Pilates Mat with Props (SN/SK)	5:00pm 3/4 Reformer (KB)		Join our PUBLIC Facebook group for all up-to-date information and weather cancellations: https://www.facebook.com/imotionfitness	
5:30pm 3/4 Reformer (SN/SK)	6:00pm Essential Pilates Mat Progressions (SN/SK)	<i>*NEW*</i> 6:00pm Barre & Pilates Mat Combos (KB)			