

IN-STUDIO CLASSES August 14 – October 31, 2023

PLEASE REGISTER for IN-STUDIO classes by visiting <https://imotionfitness.as.me/>

Questions? CONTACT STEPHANIE at fitness@eastlink.ca or 902-314-4388

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)		9:30am 3+ Pilates Mat with Equipment (SK/KB)
		12:10pm – 12:50pm Functional Fitness for FEMALES September ONLY Contact Stephanie to Register			
			12:00pm 3+ Reformer (KB)		
4:30pm 4+ Reformer (SN/SK)	5:15pm 3+ Pilates Mat with Equipment (SN/SK)	4:30pm 3+ Reformer (SN/SK)		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)		5:30pm Essential Pilates Mat (Megan)			

MORE at www.imotionfitness.ca