

IN-STUDIO CLASSES updated November 6, 2023

PLEASE BOOK YOUR IN-STUDIO CLASSES at www.imotionfitness.ca

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)	9:00am 3+ Pilates Mat with Equipment (SK/KB)
10:00am 3+ Reformer (SN)	10:00am 3+ Reformer (SN)		10:00am 3+ Reformer (SN)		10:00am Introduction to Reformer (SK/KB)
		12:10pm – 12:50pm Functional Fitness for FEMALES NOVEMBER ONLY!			
4:30pm 4+ Reformer (SN/SK)	5:00pm 3+ Pilates Mat with Equipment (SN/SK)	4:30pm 3+ Reformer (SN/SK)	5:00pm Introduction to Pilates with Sarah!	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 Introduction to Pilates with Sarah!	5:30pm Essential Pilates Mat (Megan)			

MORE at www.imotionfitness.ca