



# IN-STUDIO CLASSES effective January 2, 2024

PLEASE BOOK YOUR IN-STUDIO CLASSES at [www.imotionfitness.ca](http://www.imotionfitness.ca)

CONTACT STEPHANIE at [fitness@eastlink.ca](mailto:fitness@eastlink.ca) or 902-314-4388 for more information

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)
12:15pm – 1:00pm Functional Fitness for FEMALES (ST)		12:00pm – 12:45pm Functional Fitness for FEMALES (SK)			
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 (Sarah)	Join our PUBLIC Facebook group for all up-to-date information and weather cancellations:  <a href="https://www.facebook.com/imotionfitness">https://www.facebook.com/imotionfitness</a>	
5:30pm 3/4 Reformer (SN/SK)	6:00pm Introduction to Pilates (Sarah)	5:30pm Essential Pilates Mat Review (Sarah)			

**MORE at [www.imotionfitness.ca](http://www.imotionfitness.ca)**