



IN-STUDIO CLASSES - Effective January 2, 2025

SIGN-UP FOR ALL IN-STUDIO CLASSES at www.imotionfitness.ca – PLEASE CHOOSE YOUR LEVEL WISELY!

Studio location: Lower Level, 119 Kent Street, Downtown Charlottetown

www.imotionfitness.ca

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 3/4 Pilates Mat with Equipment (SK/SW)
10:00am Essential 3+ Reformer (SN)	10:00am Essential 3+ Reformer (SN)		10:00am Essential 3+ Reformer (SN)		10:00am Essential 3+ Reformer (SK/SW)
12:10pm – 12:50pm FITNESS RE-SET 2025 Functional Fitness with Weights (Paulette & Stephanie K)		12:10pm – 12:50pm FITNESS RE-SET 2025 Functional Fitness with Weights (Paulette & Stephanie K)			
4:30pm 4+ Reformer Intermediate/Advanced (SN/SK)	5:00pm 3/4 Pilates Mat with Equipment (SN/SK)	4:30pm 3/4 Reformer Essential/Intermediate (SK)	4:30pm INTRODUCTION to Essential Reformer – Six-week session (SW) January 9 – February 13	Join our PUBLIC Facebook group for all up-to-date information, new class offerings and weather cancellations: https://www.facebook.com/imotionfitness	
5:30pm 3/4 Reformer Essential/Intermediate (SN/SK)	6:00pm Introduction to Essential Pilates Mat Six-week session (SN/SK) January 7 – February 11	*NEW* FAST-TRACK Four-week INTRODUCTION TO REFORMER with Stephanie K January 8 - 29	5:30pm 3/4 Reformer Essential/Intermediate (SW)		