

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-9:00 <b>Pilates Débutant/ Passeport</b> PS Poupak 9:00-10:00 <b>Pilates Intermédiaire</b> PS! Marlene !	10:00-11:00 <b>Pilates Intermédiaire</b> PS! Melanie !	8:00-9:00 <b>Pilates Intermédiaire</b> PS Maria 9:00-10:00 <b>Jumpboard</b> PS Maria 10:00-11:00 <b>Pilates Débutant/ Passeport</b> PS! Marlene ! !	8:00-9:00 <b>Pilates Intermédiaire</b> PS Poupak 10:00-11:00 <b>Pilates Intermédiaire</b> PS! Melanie !	8:00-9:00 <b>Pilates Intermédiaire</b> PS Maria 9:00-10:00 <b>Pilates Intermédiaire</b> PS! Maria 10:00-11:00 <b>Pilates Débutant/ Passeport</b> PS! Melanie! !	! !	10:00-11:00 <b>Pilates intermédiaire</b> PS Maria 11:00-12:00 <b>Pilates Débutant/ Passeport</b> PS! Maria !
!	! !	! !	! !	! !	! !	! !
6:00-7:00 <b>Pilates Débutant/ Passeport</b> PS! Poupak !	6:00-7:00 <b>Pilates Intermédiaire</b> PS Maria 7:00-8:00 <b>Pilates Débutant/ Passeport</b> PS! Maria !	6:00-7:00 <b>Pilates Intermédiaire</b> PS! Marlene !	! !	! !		!

**Location Key:**  
 PS Pilates Studio  
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Class times, formats, and instructors are subject to change without notice. Please check schedules on bulletin boards for updated changes. Classes with low attendance are subject to cancellation.

# CLASS DESCRIPTIONS

Group Exercise Coordinator - Melissa Bauco  
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Pilates - Exercise system developed by Joseph Pilates that strengthens deep muscles, improves flexibility, balance, coordination and health, physically and mentally. With the apparatus, you will benefit from a certain assist because of the resistance that the springs, roll-down bar and straps can provide.

Pilates Débutant/Passeport - Pilates group session reserved for beginners and those trying with their MIDTOWN Pass port.

Pilates Intermédiaire - Pilates group session reserved for intermediate level participants. Previous experience in Pilates is required.

Jumpboard - Pilates group session reserved for intermediate level participants and with utilization of the jumpboard for a more cardio-type class.

## General Information

All the group training sessions on this schedule are at extra charge. Instructor substitutions may occur without notice. Classes are subject to a minimal participation amount and can be removed at any time.

## During a class

Please bring drinking water for your workout. If you bring your cell phone to class, please make sure it is in silent mode and take all phone calls outside the studio. Prepaid receipt and/or card to be presented to the instructor in order to have access to the activity.

12-week session :

6 classes, flexible schedule : \$90 + tax

12 classes, flexible schedule: \$180 + tax

24 classes, flexible schedule: \$350 + tax

Unlimited package: \$450 + tax

## Reservations

Reservations are strongly recommended and can be done up to 48 hours in advance. Limit of 9 participants.

Any questions or comments please contact:

Group Exercise Coordinator  
Melissa Bauco  
Email: melissa.bauco@midtown.com