

Active Options

Fall 2017 Schedule of Classes

Monday

Lunch Time Re-Set (Yoga & Pilates)	12:10 - 12:50	Balanced Motion
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Tuesday

Restorative Yoga (All Levels)	9:30 -10:30 a.m.	Balanced Motion
Building Bones (All Levels)	11:00–noon	P/F Centre

Beginner Yoga 6
Week Workshop (begins Oct. 3) 4:15 – 5:15 Balanced Motion

Wednesday

Sunrise Yoga & Pilates (Level 2)	6:45 – 7:45 am	Balanced Motion
Men’s Yoga Stretch (Level 1)	8:30 – 9:30 am	Balanced Motion
Beginner Reformer	9:45 - 10:45	Balanced Motion
Mindful Movement (Level 1)	11:15 - 12:15	Balanced Motion

Thursday

Restorative Yoga Flow (All Levels)	9:30 -10:30 a.m.	Balanced Motion
Building Bones (All Levels)	11:00 – noon	P/F Centre

Stretch, Rock@ Roll (All Levels)	4:15 – 5:15	Balanced Motion
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Friday

Barres @ Bands (Level 2)	9-00 - 10:30	Balanced Motion
Beginner Reformer	10:45 - 11:45	Balanced Motion
Beginner Reformer	11:45 - 12:45	Balanced Motion

Fee Schedule

One Hour Classes (Yoga, Building Bones, Pilates)

4 Class Card: \$54 + HST (\$7.02) = \$61.02
8 Class Card: \$104.00 + HST (\$13.52) = \$117.52
12 Class Card: \$150.00 + HST (19.50) = \$169.50

Noon Hour Yoga & Pilates

4 Class Card \$46.00 + HST (5.98) = \$51.98
8 Class Card \$88 + HST (11.44) = \$99.44
12 Class Card \$126 + HST (16.38) = \$142.38

Friday 1.5 hour class

4 Class Card \$58.00 +HST (\$7.54) = \$65.54
8 Class Card \$112.00+ HST (\$14.56) = \$126.56
12 Class Card \$162.00 + HST (21.04) = \$183.06

Reformer Classes

4 Class Card: \$80.0 + HST (10.40) = \$90.40
8 Class Card: \$152 + HST (19.76) = \$171.76
12 Class Card: \$216 + HST (28. 08) = \$244.08

Private Sessions

60 minutes: \$62.15 (inc) **Written Program:** \$45.20 (inc)
30 minutes: \$31.08 (inc) **Program (Video Clip/DVD):** \$62.15(inc)

Upcoming Workshops:

- 1. Beginner Yoga Workshop:** Starting October 3rd for 6 Tuesdays
(4:15 - 5:15)
- 2. Self Care Day (Saturday October 21st),** Balanced Motion
- 3. Thai Yoga Bliss:** Friday November 3rd 2:00 - 4:00 Balanced Motion

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For Full Class Descriptions, please visit www.activeoptions.net (New Schedule and Class Descriptions will be posted on Mindbody and my Website by Friday August 25th, 2017 - I promise!).