

Infinite Wellness

Move Well, Breathe Well, Feel Well

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 AM			Springboard Body Sculpt	Long & Lean Pilates		Springboard AbsArms	
8:30 AM					Physiyoga		
9:00 AM	Restorative Springboard						Mat Pilates Rotation
10:00 AM		Vinyasa Yoga		Yin & Flow Yoga			
10:15 AM	Mat Pilates Rotation						Springboard Body Sculpt
12:00 PM		Springboard Body Sculpt (12:05-12:50)	*Mindfulness Workshop	Pilates Flow (12:05-12:50)	Vinyasa (12:05-12:50)	Power Yoga (12:05-12:50)	
1:00 PM			Tues. Sept. 12 - Tues. Nov. 7			*Yoga for Cancer	
2:00 PM			12:30-3pm	Power Yoga		Starts Oct. 13	
3:00 PM						1:15 - 2:30PM	
4:00 PM					Vinyasa Yoga		
4:30 PM			Springboard AbsArms				
5:00 PM				Springboard Body Sculpt			
5:30 PM		Physiyoga	*Yoga for Cancer		Balance & Core Pilates		
6:00 PM			Starts Oct. 10	*Mindfulness Workshop			
6:30 PM		Springboard GlutesLegs	5:45 - 7PM	Wed Sept. 13 - Wed. Nov.8	Springboard Body Sculpt		
7:00 PM			Pilates Flow	6-830pm			
8:30 PM						*Members must pre-register	

PERSONAL PILATES

12 SESSIONS \$540

6 SESSIONS \$300

3 SESSIONS \$170

1 SESSION \$60

MAT CLASSES

10 SESSIONS \$159 + HST

DROP-IN \$20

SPRINGBOARD CLASSES

10 SESSIONS \$199 + HST

DROP-IN \$25

MONTHLY MEMBERSHIP

\$110/month unlimited Mat

(+ perks with a 3 month commitment)

\$159/month unlimited Springboard

(+ perks with a 3 month commitment)

\$179/month unlimited everything

(+ perks with a 3 month commitment)

MIX MATCH CLASSES

3 MAT & 3 SPRINGBOARD \$95 + HST

*All personal Pilates sessions and monthly memberships subject to HST
Limited spaces! Classes are 55 minutes, unless otherwise indicated

Schedule subject to change (check www.fchn.ca for updates)
Online booking and payment is available via www.fchn.ca

Located in Full Circle Health Network | www.fchn.ca

4 Cataraqui Street, Suite 110

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Class	Class Descriptions
Springboard Body Sculpt	The Pilates Springboard is renowned for limb integration, building strength and resilience, and challenging the core. Be amazed at how body aware you become as you use the Springboard to work and sculpt every muscle of your body. If you love the Reformer, we know you will love the Springboard too!
Springboard Abs Arms	This class focuses on alignment, isolation and control in the upper body and core using the spring resistance which is optimal for lean muscle training and injury recovery and prevention, especially shoulder, neck, elbow, and wrist injuries.
Springboard Glutes Legs	Build strength and agility in your lower body using the Springboard. This workout will focus on alignment, isolation, and control in the lower body and gluteal muscles using spring resistance which is optimal for lean muscle training and injury recovery and prevention, especially low back, hip, knee, and ankle injuries.
Restorative Springboard	Using the spring resistance system of the Springboard, this class has a therapeutic focus and incorporates exercises to gently but effectively strengthen, align and stretch your whole body.
Physiyoga	This therapeutic form of yoga incorporates relevant aspects of physiotherapy. With a focus on proper alignment, breathwork, and relaxation techniques, this class will help you develop a safe practice that will promote healthy joints and muscles for life. Designed for all levels of yoga experience.
Physiyoga Therapy Session	Physiyoga therapy private sessions include a combination of therapeutic yoga poses, breathwork, and relaxation techniques, as well as other manual physiotherapy techniques upon review of the client's needs and goals. Please note these services are provided by a registered physiotherapist and are covered under any insurance program that has physiotherapy benefits. Bookings available via www.fchn.ca
Vinyasa Yoga	This energizing form of yoga emphasizes the coordination of movement with the breath. Poses move swiftly and purposefully from one to another to build strength and stamina. Taught on a multi-level basis and appropriate for all levels of yoga experience.
Power Yoga	This practice combines Vinyasa flow, linking breath with movement, and longer holds, fostering strength and endurance. It is a dynamic practice that cultivates an increase in flexibility, balance and focus, while also guiding you towards greater awareness of self, personal transformation and empowerment. Suitable for all levels, as we encourage modifications and variations to support individual needs and levels.
Yin & Flow Yoga	This practice begins with the longer held Yin poses, then transitions into a Vinyasa flow. Where Yang yoga directs stimulation to the superficial tissues or muscles and fascia, Yin yoga focuses on the deeper and much more dense tissues such as the tendons, ligaments and joints. Creating balance in the body requires one to invite both styles into their practice.
Balance & Core Pilates	Bring your body and core into balance using the exercise ball. This fun class uses the ball as well as other Pilates props to challenge your balance and keep your core strong for better posture and overall health of your spine and joints.
Detox & Tone Pilates	This class combines the foam roller and arc to lengthen connective tissue and improve circulation in stagnant areas. The arc is designed to reduce tension and neutralize over-active muscles, while challenging specific targeted muscles. You'll feel refreshed and energized!
Long & Lean Pilates	Align your body by aligning your fascia! Using the foam roller and arc we will focus on releasing tension in connective tissues that may keep you feeling tight and uncomfortable. Get ready to explore new ranges of motion. You'll leave this class feeling balanced, flexible, and dare we say with your head a little higher!
Mat Pilates	Develop a clear understanding of the Pilates principles and experience the fun of incorporating props to help you feel more lengthened, strengthened, and adequately challenged.
Mat Pilates Rotation	Each Saturday Pilates mat classes (balance and core, detox and tone, long and lean, mat Pilates) will be rotated to keep you motivated and refreshed as you conquer the weekend!
Pilates Flow	This style of class originates from POP Pilates which is literally like a dance on the mat. POP Pilates infuses elements of Pilates, yoga, and dance to provide a total body workout that sculpts a strong core. Bring out that inner dancer and experience for yourself how energizing and versatile POP Pilates is!

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