

Fall 2023 Group Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
6:15am			6:15am F.F.T (45 minutes)		6:15am F.F.T (45 minutes)				
6:30am									
6:45am									
7:00am		7:00am Reformer Challenge		7:00am Reformer Fundamentals					
7:15am									
7:30am									
7:45am									
8:00am									
8:15am		8:15am Reformer Fundamentals (45 minutes)		8:15am Reformer - FOR MEN (45 minutes)					
8:30am									
8:45am									
9:00am									
9:15am									
9:30am	9:30am Flow & Stretch (Monday)	9:30am Reformer Gentle (45 minutes)	9:30am Flow & Stretch (Wednesday)	9:30am Reformer Gentle (45 minutes)		9:30am F.F.T			
9:45am									
10:00am									
10:15am									
10:30am		10:30am Reformer Challenge		10:30am Reformer Challenge	10:45am SDNPC Chronic Pain Program				
10:45am									
11:00am									
11:15am									
11:30am									
11:45am									
12:00pm									
12:15pm	12:15pm Power Pilates (45 minutes)	12:00pm Reformer Challenge	12:15pm Power Pilates (45 minutes)	12:00pm Reformer Challenge	12:15pm MELT (45 minutes)				
12:30pm									
12:45pm									
1:00pm									
1:15pm		1:15pm Reformer Fundamentals (45 minutes)		1:15pm Reformer Fundamentals (45 minutes)					
1:30pm									
1:45pm									
2:00pm									
2:30pm									
3:00pm			3:00pm Reformer Fundamentals						
3:15pm									
3:30pm									
3:45pm									
4:00pm									
4:15pm		4:15pm Reformer Fundamentals	4:15pm Reformer Fundamentals	4:15pm Reformer Fundamentals					
4:30pm									
4:45pm									
5:00pm	5:00pm StretchLAB								
5:15pm									
5:30pm		5:30pm Reformer Challenge	5:30pm Reformer Challenge	5:30pm Reformer Challenge					
5:45pm									
6:00pm									
6:15pm	6:15pm Qigong (45 minutes)								
6:30pm									
6:45pm									
7:00pm		6:45pm Reformer Challenge	6:45pm Reformer Challenge	6:45pm Reformer Challenge					
7:15pm	7:15pm Pilates Matwork (45 minutes)								
7:30pm									
7:45pm									

Contact: hello@moetushealth.com / 705-674-1877 for more information

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CLASS NAME	INSTRUCTOR	START DATE	END DATE	SERIES LENGTH	SERIES SUBTOTAL	SERIES TOTAL
Flow & Stretch (Monday)	Willa Paterson	September 11	October 30	7 classes over 8 weeks (no class October 9)	\$105.00	\$118.65
Power Pilates	Nat Tissot	September 11	October 30	7 classes over 8 weeks (no class October 9)	\$105.00	\$118.65
StretchLAB	Jenine Saunders	September 11	October 30	7 classes over 8 weeks (no class October 9)	\$105.00	\$118.65
Qigong	Nancy Rose	September 11	October 30	7 classes over 8 weeks (no class October 9)	\$105.00	\$118.65
Power Pilates	Janet Cimino	September 11	October 2	4 classes	\$60.00	\$67.80
Reformer Pilates	Jenine Saunders	September 5	October 24	8 weeks	\$320.00	\$361.60
		September 7	October 26	7 classes over 8 weeks (no class October 5)	\$280.00	\$316.40
TWICE WEEKLY REFORMER RATE (\$35/class + HST)					\$525.00	\$593.25
F.FT (45 minutes)	Jenine Saunders	September 6	October 25	8 weeks	\$120.00	\$135.60
		September 8	October 27	7 classes over 8 weeks (no class October 6)	\$105.00	\$118.65
TWICE WEEKLY FFT TOTAL x 15 CLASSES					\$225.00	\$254.25
Flow & Stretch (Wednesday)	Melanie Simon	September 6	October 25	8 weeks	\$120.00	\$135.60
Barre Sculpt	Melanie Simon	September 6	October 25	8 weeks	\$120.00	\$135.60
Power Pilates	Hailee Valtins	September 6	October 25	8 weeks	\$120.00	\$135.60
Reformer Pilates	Hailee Valtins	September 6	October 25	8 weeks	\$320.00	\$361.60
MELT	Jenine Saunders	September 8	October 27	7 classes over 8 weeks (no class October 6)	\$105.00	\$118.65
F.FT (60 minutes)	Jenine Saunders	September 9	October 28	7 classes over 8 weeks (no class October 7)	\$105.00	\$118.65

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