



Pilates Inspired Barre – Fall 2022

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| Instructor: | Nicole Friesen |
| Description: | This class is a complete body workout that will bring you through all the elements of wellness! This energizing class is set to motivating music. We will move through both large and small focused movements encouraging mobility and endurance. This class is low impact and can be modified to suit any fitness level. Leave class feeling stronger, more balanced, and with better posture and body awareness. |

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| Class Category: | Creative Wellness | |
| Age Range: | 18+ | |
| Location of Class: | Studio C | |
| Equipment Required: | Yoga mat, water bottle | |
| Dates/Class Duration: | October 5 – November 9, 2022 | Wednesdays from 9:30 – 10:30 AM |
| Class Fee: | \$75.00 | |
| Membership Fees: | <i>A membership is required to take any class at SAC.</i> | RM of Hanover & Steinbach: \$15 Individual \$30 Family Non-Residents: \$20 Individual \$35 Family |
| Cancellations/Refunds: | <i>Full refunds* are given when you withdraw two weeks prior to the start date of a class/workshop. From that point until the start of classes, a 50% credit will be applied to your account upon withdrawal. There will be no refund once class has started.</i> | <i>*Aside from memberships, admin fees and material fees which are non-refundable</i> |