

# MOVEMENT OPTIONS - ENJOY THE FREEDOM OF CHOICE

Phone: (613) 548-8333



## SPRING SCHEDULE

Individual Sessions for Feldenkrais and/or Personal Training available at the Church or at your home are to be booked privately with Jennifer.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-10:00 am						Weights
9:30-11:00 am	Mobility Plus*			Mobility Plus*		
10:30-11:30 am						Feldenkrais ATM®
11:15 am				Feldenkrais ATM® (shorter)		
5:00 pm				Weights†		

**Bookings are essential!** To book a class, please call: 613 5488333

**Fees :** Weights - Casual : \$10.00  
 Feldenkrais ATM® - Casual: \$20.00  
 Saturday Morning Combined - Casual: \$25.00  
 Mobility Plus 8 weeks - \$200.00 with Feldenkrais - \$240.00

### ALL PRICES ARE TO BE PAID BEFORE THE SESSION BEGINS

† A minimum of 4 participants required.

\* Mobility Plus includes the use of the Feldenkrais Method®, PhysioBalls and Stott-Pilates™ and is not for casual attendance.