

MOVEMENT OPTIONS - ENJOY THE FREEDOM OF CHOICE



SUMMER SCHEDULE

Phone: (613) 548-8333

(PRELIMINARY)



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®(longer) | | | Feldenkrais ATM® (shorter) | | |

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

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

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