

# 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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