



Class Series WINTER 2017

zenbar healing studio
www.zenbarhealing.com
 905.844.4800
info@zenbarhealing.com

Our Mat Class series run in 6-week intervals and our Reformer Pilates series run in 12-week intervals.

Our WINTER series will begin on Monday January 9th 2017. Late arrivals welcome to start partial way through the series (we will prorate your payment based on your entrance date). Once your slot is confirmed, you will be scheduled into your class each week for the remainder of the session. If you are unable to attend one of the series slots, we will allow each client to **make up one class** on another date of their choice (within the series period). Once you have selected and paid for your spot, you have committed to the duration of the series and changes cannot be made.

6-Week Mat Class Series - \$119
 12-Week Reformer Series - \$359

Fall Classes, Workshops & Series

Our 6-Week Mat Series Schedule

DROP IN	Week Of January 1 st	** Drop In Only
Week One	Week of January 9 th	First Week of Winter Series
Week Two	Week Of January 16 th	
Week Three	Week Of January 23 rd	
Week Four	Week of January 30 th	
Week Five	Week Of February 6 th	
Week Six	Week Of February 13 th	(Monday Family Day – make up the week following)

Our 12-Week Reformer Series Schedule

DROP IN	Week Of January 1 st	** Drop In Only
Week One	Week Of January 9 th	First Week of Winter Series
Week Two	Week Of January 16 th	
Week Three	Week Of January 23 rd	
Week Four	Week of January 30 th	
Week Five	Week Of February 6 th	
Week Six	Week Of February 13 th	(Monday Family Day)
Week Seven	Week Of February 20 th	
Week Eight	Week Of February 27 th	
Week Nine	Week Of March 6 th	
NO CLASSES	Week Of March 13 th	March Break Drop in Only
Week Ten	Week Of March 20 th	
Week Eleven	Week Of March 27 th	
Week Twelve	Week Of April 3 rd	Final Week of 12 Week Series

- Any unsold series slots can be booked as a drop in. We will accept drop in reservations the week of each class. In order to reserve the slot, the client must have a valid 10-pack or pre-paid drop in on account.
- Drop in slots will be removed as series members confirm.
- You are paying for the entire 6 or 12 weeks of participation. In the case that you are absent, missed classes are non refundable, however, one missed class per series can be made up during the series. In the event of a missed class cancelled by Zenbar, we will credit a drop in to the account or host a makeup week at the conclusion of the series.
- It is required that each series participant completes the client waiver in full. If you have not completed this in its entirety, we will contact you prior to beginning the new series. I know we all dislike paperwork but it is an insurance requirement.

9:15am	Monday	Reformer Pilates w Zlatka (12 week series)
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9:30am	Monday	Cardio Barre w Holly (6 week series)
10:15am	Monday	Reformer Pilates w Zlatka
10:30am	Monday	Mindful Mondays w Holly (Meditation, Toning, Goal Setting for the week ahead)
11:30am	Monday	Movement Therapy (Therapeutic Pilates Mat)
7:15pm	Monday	Reformer Pilates w Kimberley
8:15pm	Monday	Evening Stretch w Kimberley
8:15am	Tuesday	Reformer Pilates w Dominique
9:15am	Tuesday	Reformer Pilates w Zlatka
9:30am	Tuesday	Cardio Barre with Holly
10:15am	Tuesday	Reformer Pilates w Zlatka
10:30am	Tuesday	Beginner Barre Fundamentals Workshop (4 week series)
11:15 am	Tuesday	Reformer Pilates w Zlatka
1:15pm	Tuesday	Reformer Pilates w Liz
8:15am	Wednesday	Reformer Pilates w Dominique
9:15am	Wednesday	Reformer Pilates w Dominique
9:30am	Wednesday	Cardio Barre w Holly
10:15am	Wednesday	Reformer Pilates w Dominique
10:30am	Wednesday	Candlelit Stretch w Holly
11:15am	Wednesday	Reformer Pilates w Dominique
8:00pm	Wednesday	Candlelit Sleepy Time Restorative w Celina (4 week series \$99)
8:30 am	Thursday	Cardio Trampoline w Holly
9:15am	Thursday	Reformer Pilates w Zlatka
9:30 am	Thursday	Reformer Pilates w Zlatka
10:15am	Thursday	Reformer Pilates w Zlatka
11:15am	Thursday	Reformer Pilates w Zlatka
12:00noon	Thursday	Midday Yoga w Renee
8:00pm	Thursday	Reformer Pilates w Kimberley
9:15am	Friday	Reformer Pilates w Zlatka
9:30am	Friday	Yoga w Celina
10:15am	Friday	Reformer Pilates w Zlatka
8:30am	Saturday	Barre w Holly
9:30am	Saturday	Cardio Trampoline w Holly
10:30am	Saturday	Beginner Barre Fundamentals Workshop (4 week series)
2pm-4pm	Saturday Jan 28	WORKSHOP ** Hot Rock Restorative w Celina \$49 for 2 hours
8:15am	Sunday	Slow Flow & Stretch w Celina

Did you Know?

Did you know you can book a class anytime in our candlelit studio?
 This one hour private class includes an instructor who will customize the experience to your liking.
 \$109 per hour and you can split the cost amongst your group!