

MONDAYS

Yogilates Level 1 10:00 - 11:15 am	Laura Phelps BEAP
Gentle Therapeutic Yoga 5:30 - 6:45 pm	Sandra Smith BEA*
Yogilates Level 2 5:40 - 6:55 pm	Laura Phelps EAIP
Prenatal Yoga 7:00 - 8:15 pm	Christi Houser BEA*
Yogilates Level 1 7:10 - 8:25 pm	Laura Phelps BEAIP

TUESDAYS

Strengthen & Tone Pilates 9:30 - 10:30 am	Laura Phelps BEAP
Gentle Therapeutic Yoga 10:45 - 12:00 pm	Connie Rose BEA
Pilates Sculpt 5:30 - 6:30 pm	Carmalita Heron BAP
Hatha Flow Yoga 7:00 - 8:15 pm	Laura Phelps BEAI
Yoga for Runners 8:30 - 9:30 pm	Jenny Stewart BEAI



WEDNESDAYS

Hatha Flow Yoga 10:00 - 11:15 am	Carmalita Heron BEA
Yogilates Level 1 5:40 - 6:55 pm	Carmalita Heron BEAP
Hatha Flow Yoga 6:15 - 7:30 pm	Eden Karlsson BEAI*
Core Power 7:15 - 8:15 pm	Bobby Kapoor BEAI

THURSDAYS

Strengthen & Tone Pilates 9:30 - 10:30 am	Laura Phelps BEAP
Yin Yoga 10:45 - 12:00 pm	Sandra Smith BEA
Pilates Sculpt 5:40 - 6:40 pm	Carmalita Heron BAP
Chakra Yoga 6:15 - 7:30 pm	Sandra Smith BEAI*
Gentle Therapeutic Yoga 7:00 - 8:15 pm	Assumpta Murphy BEA

FRIDAYS

Hatha Yoga 10:00 - 11:15 am	Carmalita Heron BEAI
Strengthen & Tone Pilates 5:45 - 6:45 pm	Christi Houser EAI*
Candlelight Gentle Flow 7:00 - 8:00 pm	Gillian Edmondson BEA*

SATURDAYS

Power Yoga 8:15 - 9:15 am	Laura Barnes EAI*
Pilates Sculpt 9:30 - 10:30 am	Caitlin King BAP*
Hatha Flow Yoga 10:45 - 12:00 pm	Trisha Bartlett BEAI*

SUNDAYS

Ab Attack 9:15 - 10:15 am	Bobby Kapoor AP*
Hatha Flow Yoga 10:30 - 11:45 am	Sandra Smith BEAI*
Yin Yoga 12:00 - 1:30 pm	Deanna MacDonald BEA*
Karma Yoga 5:15 - 6:30 pm <i>By donation</i>	Various Teachers BED

*Class schedule updated as of Jan 20, 2012
Schedule is subject to change without notice.*

CLASS SPECIFICS LEGEND

B	Beginner Friendly
E	Energy Enhancements Offered
A	Physical Adjustments Offered
I	Inversions Practiced
P	Pilates Equipment Used
D	Karma Class - by donation only
*	<i>Class will be held in upstairs studio</i>

Find the Class Schedule online at:
<http://FeelGoodYogaVictoria.com/schedule.php>

Find the Class Descriptions online at:
<http://FeelGoodYogaVictoria.com/classdescriptions.php>

FEEL GOOD STUDIO FAQs

WHAT YOGA CLASS SHOULD I START WITH?

Many classes offered here are beginner-friendly. A wonderful introduction to your yoga practice may be Gentle Therapeutic Yoga, Hatha Yoga, Yogilates Level I, or Strengthen & Tone depending on what interests you. Speak with one of our Front Desk representatives for more assistance finding a class for you.

WHAT DO I BRING?

Essentially, you should bring your body, mind and spirit. You may also find it useful to have a water bottle with you. We do have a purified water Hydration station available. The studio has all the mats and props that you may require in your class available, although you are welcome to bring any equipment that assists you in your personal practice.

WHAT DO I WEAR?

It is very important to practice yoga in comfort! Make sure to wear clothes that provide you with comfort and freedom, your clothes may be stretchy, possibly a little loose, anything that allows you to fully focus inward.

SHOULD I EAT BEFORE CLASS?

Although you don't want to practice yoga feeling hungry, it is recommended to eat any larger meals a few hours before your class to allow for time to digest.

WHERE DO I PARK?

Parking is available throughout the Reflections parking lot; the numbered spots are okay to park in. A few spots are reserved parking – please follow signage. There is also street parking available around the building.

WHERE IS THE ENTRANCE?

The entrance to the studio is located in the courtyard, on the inside of the building facing the Reflections parking lot.

HOW EARLY SHOULD I ARRIVE?

If it is your first time, it is recommended to come about 15-20 minutes early so you have time to sign a waiver form, purchase a pass (if you haven't already done so online) and settle in to class. Generally it is good to arrive 5 - 10 minutes before class to ensure that you are signed in and settled before class begins.

PRICE LIST

Drop-in	\$13.39
5 Class Flex Pass	\$60.00
10 Class Flex Pass	\$110.00
Family Flex Pass (50 classes)	\$475.00
Introductory Unlimited Seven Day	\$20.00
Introductory Unlimited One Month	\$80.00
Unlimited Seven Day	\$30.00
Unlimited One Month	\$110.00
Unlimited One Month Discount	\$80.00
Unlimited Three Month	\$245.00
Unlimited Three Month Discount	\$200.00
Unlimited Six Month	\$400.00
Unlimited Annual	\$750.00
8 Week Preregistration Class Adult	\$64.00
8 Week Preregistration Class Youth	\$56.00

Taxes are not included in prices listed. Passes are non-refundable. Month passes cannot be shared, put on hold or frozen.

Discount passes are available for seniors, students, military and emergency service workers with identification.

Purchase online through:
<http://FeelGoodYogaVictoria.com/pricelist.php>

CONTACT INFORMATION

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CLASS SCHEDULE & PRICE LIST

WINTER 2012



YOU DESERVE TO FEEL GOOD