INSCRIPTION

Fitness de printemps débute le lundi, 27 mars !

Spring fitness REGISTRATION begins Monday March 27th!

Centre communautaire Stephen F. Shaar
394, rue Main, Hudson

SPRING SESSION
APRIL 3 - JUNE 22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 - 11:00 GENTLE YOGA with Valerie	9:15 - 10:15 INTERMEDIATE PILATES with Zoé	10:30 - 11:30 HATHA YOGA with Zoé	9:15 - 10:15 PILATES ALL LEVELS with Zoé	9:00 - 10:00 REGENERATIVE YOGA with Maureen
	10:30 - 11:30 REGENERATIVE YOGA with Maureen		10:30 - 11:30 REGENERATIVE YOGA with Maureen	
			12:00 - 1:00 CHAIR YOGA with Maureen	
			5:00 - 6:30 KARATÉ with Shihan Luigi	

No class
Monday, April 10
Monday, May 22

Registration takes place March 27-31 at the Stephen F. Shaar Community Centre, 394 Main Road, Hudson.

SPRING SESSION
APRIL 3 - JUNE 22

Participants must provide their own yoga mats

PILATES, HATHA YOGA & GENTLE YOGA

Residents	Adults	60+	Non-residents	
12 classes	$125	$95	12 classes	$170
24 classes	$175	$135	24 classes	$235
Unlimited	$215	$165	Unlimited	$290

REGENERATIVE YOGA & CHAIR YOGA

Residents	Adults	60+	Non-residents	
12 classes	$125	$95	12 classes	$170
24 classes	$175	$135	24 classes	$235
Unlimited	$215	$165	Unlimited	$290

Registration at the Stephen F. Shaar Community Centre

Payment by cheque or debit. Minimum registration is required. After the first 2 weeks: Pro-rated refunds are issued only upon presentation of medical note, subject to $25 administration fee. $35 fee for cancelled or returned cheques.

SPRING SESSION
APRIL 13 - JUNE 15

KARATE FOR ALL AGES

with Shihan Luigi de Filippo

This class emphasizes the basics of martial arts, including fitness, etiquette, discipline and self-confidence. The goal is to develop students that are well-rounded and positive individuals, as the school's motto states:

"We Are Strong; We Are Brave; We Seek Wisdom; We Help Others."

Additional costs for uniforms and some equipment will be discussed with the Shihan.

Thursday 5:00 p.m. - 6:30 p.m.

RESIDENTS		NON-RESIDENTS
Ages: 7-12	$180	$245
Ages: 13-17	$200	$270
Adults:	$220	$295