

KTC INSPIRE - movement and education studio

Kootenay Therapy Center – Unit 260-1311-2nd St N. Cranbrook, BC (250-426-4629)
(Baker Professional Center)

Relax – Restore – Rejuvenate!

March 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*NO CLASS on Long Weekends!					
10:30-11:30AM EXERCISE FOR SPECIAL POPULATIONS (Mar 2-30) *Annie* <i>*Monthly Rate</i>		10:00-11:00AM Women's Stretch *Suzanne* (Feb 19-Mar 25) <u>6Sessions</u>	9:15 – 10:15 AM HIPS & HAMMIES *Tanis* (April) <u>6 session</u>	9:15 – 10:15 AM RESTORATIVE YOGA *Daniela* (Apr 3) (Apr 10-May15) <u>6 sessions</u>	
	1:30-2:30PM CHAIR FITNESS (Feb 4-Mar 3) (Mar 10-31) *Annie* <i>*Monthly Rate</i>	1:30-2:30PM CHRONIC PAIN *Annie* (Feb 19-Mar 25) <u>6 Session</u>	1:30-2:30PM CHAIR FITNESS (Mar 5-26) *Annie* <i>*Monthly Rate</i>		
5:00-6:00PM PILATES- WHOLE BODY *Hanlie* (Mar 16-Apr 27) <u>6 sessions</u> *no class Apr 13	5:00-6:00PM Men's Stretch *Suzanne* (Mar 3-31) <u>5 sessions</u>				

***6 session classes - \$57.75 (incl.tax)- * Seniors (60+) -10% discount**

***5 session classes - \$48.14 (incl.tax) - * Seniors (60+) -10% discount**

***4 session classes - \$38.51 (incl.tax) - * Seniors (60+) -10% discount**

***3 session classes - \$28.89 (incl.tax) - * Seniors (60+) -10% discount**

6 person minimum needed to run classes unless otherwise posted - All sessions are pre-registered & pre-paid – we currently are not offering a drop-in for sessions.