

VIRTUAL JULY SESSIONS

Join us today!

Online Class Information:

All levels welcome, modification & advancements will be offered.

All classes are recorded and sent out, therefore if you miss a session you can do it on your own time OR even try it multiple times a week.

Classes will be every Tuesday(s) 8:30 pm and Thursday(s) 6:15 am in July.

Each class will be between 35-45 minutes long

Classes will be a combination of HIIT, CORE, Stretch, Balance training and more! Pilates Based of course!

Logging In

WILL BE SENT UPON REGISTRATION Please login in 5 minutes prior to start time in case of any issues. However if you jump on a bit late I will be able to "admit" you into our session.

Once logged in please MUTE yourself and "PIN" the speaker screen.

For inquiries, contact us at *780-267-4715 or at mndflmovementstudio@gmail.com



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Online Class Information Continued:

What you need

Wear comfortable workout wear and have a bottle of water close. Throw pillow & tea towel (always keep beside your mat for adjustments if needed)

Yoga Mat, Pilates Mat or Towel (if on a hard surface) & a stability ball (10-12" ball- This could be a kids ball, slightly deflated basketball or volleyball, smaller beach ball would work too!)

Optional Props: Light dumbbells/ toning balls/ soup cans

Registration form and waiver

If you would like to join in please take 5-10 minutes and fill out this form prior to the first session. Once filled out you will be sent the login & Invoice.

\$26.25 (\$25.00 +GST)

That is about \$3.00 a session!

