MEANINGFUL MOVEMENT

FALL 2026 STUDIO OFFERINGS

Meaningful Movement: www.meaningfulmovementsolutions.com

Not sure which option is right for you? Email for a free consultation

If you would like an evening class on a Tuesday or Thursday or Saturday please let me know! I will run it I enough interest.

Interested in adding activity to your office or group? Email to discuss my customized classes, corporate sessions and Movement Snacks.

Contact me at: leawiens1@gmail.com

CLASSICAL MAT PILATES

Experience the core of Pilates with our group Mat classes, blending flow and precision to strengthen your core through whole body movements. If you are new to Pilates, email leawiens1@gmail.com to take advantage of my free 30 minute introductory session.

DAY & TIME	IN-PERSON / LIVE CLASS DATES	HOME WORKOUTS	FORMAT
Mondays 9:00-9:45 am Intro to Pilates/Gentle Pilates Mat Series	Session 1: Oct 5, 19, 26, Nov 2 Session 2: Nov 9, 16, 23, 30	N/A	In person or virtual
Mondays 10-10:45 am Intermediate	Aug 31; Sept 14 Oct 5. 19, 26 Nov 2, 8, 16, 23, 30 Dec 7, 14	Sept 21/28	In person or virtual Option to start after Thanksgiving
Tuesdays 5-5:45 pm Intermediate	Sept 8, 15 Oct 6, 13, 20, 27 Nov 3,10,17,24 Dec 1,8,15	Sept 22/29	In person or virtual Option to start after Thanksgiving

THURSDAY STRENGTH CLUB

10 weeks of progressive strength training

IN-PERSON WORKOUTS		CLASSES
Tues 5-5:45 pm Th 10-10:45 am	Oct 8, 15, 22, 29 Nov 5, 12, 19, 26 Dec 3, 10, 17 (wrap-up)	11 classes

PERSONAL TRAINING INTRO 3-PACK

Get back on track and break through plateaus with customized 1-1 workouts. Includes a home workout plan and 10% discount on one class or personal training package.

PILATES TRAINING WITH EQUIPMENT

Experience the full Pilates Method using the Reformer, Wunda Chair, Cadillac and more!

SCHEDULE	LOCATION	CONTACT
Various times	ARC Pilates Studio, Gleneagles	Email: leawiens1@gmail.com for more information

FALL PRICING & REGISTRATION

Choose the option that works best for you. All prices are subject to 5% GST. Instalment options are available for full-session registrations - please ask for details.

SIGN UP	OFFERING	PRICE
☐	Intro to Pilates/Gentle Pilates - 4 week session	$100
☐	Mat Pilates - Full Fall Session (15 classes) Best value	$330
☐	Mat Pilates Week of Oct 18-Week of Dec 14	$220
☐	Mat Pilates - 5-Class Pass (expires Dec 31st 2026)	$120
☐	Thursday Strength Club Oct-Dec - Classes Only	$240
☐	Personal Training Intro 3-Pack	$200

BUNDLE & SAVE

Register for more than one package and save $10 off of each package (min. $100 per package)

HOW TO REGISTER

Email your completed form - or simply tell me which class or package you would like to join - to leawiens1@gmail.com. I will confirm your spot and send you the registration and payment details.

Not sure where to start? Book a free consultation and we can talk through the best option for you.