





BODY BALANCE **SPRING SCHEDULE & PRICES** **APRIL 3rd TO JUNE 24th, 2017 (12 WEEKS)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
Personal Training Available Book appointment by email fitness@body-balance.ca or call / text 204-999-1016					
				Classes require minimum signups - if not met will be cancelled	9:30- 10:30am Cardio Sculpt  Lorie
6:00-7:00pm Sculpt (no cardio)  Leanne	6:00-7:00pm Boot Camp  Sandi	6:00-7:00pm Tight N Tone (no cardio)  Teresa	6:00-7:00pm Boot Camp  Sandi		

CLASS PRICES (12 weeks) gst incl.	PERSONAL TRAINING (up to 1hr session) gst incl.
1 class/week: early bird \$126 Regular \$144	1 session: \$73.50
2 classes/week: early bird \$252 Regular \$288	5 pack: \$68.25/session: \$341.25
3 classes/week: early bird \$378 Regular \$432	10 pack: \$60.09/session: \$609.00
4 classes/week: early bird \$504 Regular \$576	20 pack: \$53.55/session: \$1071.00
Drop-ins: \$15.00/class	To book appointment email: fitness@body-balance.ca

~Payment must accompany registration to reserve your spot in class~

Register online: www.body-balance.ca

Early Bird Deadline: **March 15, 2017**

CLASS DESCRIPTIONS:

Sculpt: Full body sculpting using hand weights, bands, balls & your own body! Designed to provide you with a total body workout in one hour! **No cardio.** All fitness levels.

Boot Camp: Strength, cardio, endurance, flexibility, balance & core moves all in one class. Pushups, jumping jacks, crunches & more! Challenge your body to its limit & burn calories like crazy! All levels.

Tight N Tone (abs, buns, legs): Get sleek abs - buns of steel - long lean toned legs! **No cardio.**

Cardio Sculpt: Low/hi impact cardio moves combined with full body toning exercises with the use of hand weights, balls, bands, bars & more! All levels ☺

Personal Training: Get fast results with a workout program tailored for you by a Certified Personal Trainer!

AT HOME WORKOUT PROGRAMS

*Includes workouts on DVDs + Meal Plan + Healthy Shakes
 Get results in 30 days or less at home with proven programs like **P90x, 21 Day Fix, Country Heat, 22 Min Hard Corps, PIYO, Insanity, CIZE**
 Get a program & Receive our ONLINE COACHING **FREE**
 For more info email: fitness@body-balance.ca

