


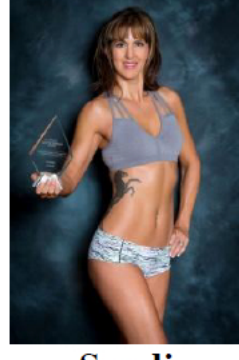


BODY BALANCE WINTER SCHEDULE & PRICES

JANUARY 2nd TO MARCH 25th, 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 <i>*All classes require minimum signups - if not met will be cancelled*</i>					
					9:30- 10:30am Cardio Sculpt  Teresa / Lorie
6:00-7:00pm Sculpt  Leanne	6:00-7:00pm Boot Camp  Sandi	6:00-7:00pm Personal Training (by appt)	6:00-7:00pm Yoga  Sandi		

CLASS PRICES (12 weeks) gst incl.	PERSONAL TRAINING (1 hour sessions) 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: **November 18, 2016**

CLASS DESCRIPTIONS:

Sculpt: Combination of traditional body sculpting methods 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 welcome.

Cardio Sculpt: Get your total body burn with a great combo of low/hi impact cardio moves combined with full body toning exercises with the use of hand weights, balls, bands, bars & more! All levels ☺

Yoga: Total mind & body class that will leave you invigorated. Develop your flexibility and strength through traditional yoga poses with steady breath and guided relaxation. All fitness levels.

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

AT HOME WORKOUT PROGRAMS

*Includes Meal Plan * Get amazing results @ home with proven programs like **P90x, 21 Day Fix, PIYO, Insanity, CIZE & more**☺

*Get a program at a discount from us & get our **Coaching for FREE.**

For more info email: fitness@body-balance.ca

