





BODY BALANCE **SUMMER** SCHEDULE & PRICES

July 4th TO August 24th, 2017 (8 WEEKS)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
Personal Training Available Book appointment by email fitness@body-balance.ca or call / text 204-999-1016					
6:00-7:00pm Sculpt  Leanne	6:00-7:00pm Boot Camp  Sandi	4:45-5:45pm 20/20/20  Helly	6:00-7:00pm Tabata / Yoga  Sandi	*Classes require minimum signups - if not met will be cancelled*	

CLASS PRICES (8 weeks) gst incl.	PERSONAL TRAINING (up to 1hr session) gst incl.
1 class/week: early bird \$88 Regular \$96	1 session: \$73.50
2 classes/week: early bird \$168 Regular \$192	5 pack: \$68.25/session: \$341.25
3 classes/week: early bird \$252 Regular \$288	10 pack: \$60.09/session: \$609.00
4 classes/week: early bird \$336 Regular \$384	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: **May 31, 2017**

CLASS DESCRIPTIONS:

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

Boot Camp: combines strength, cardio, endurance, flexibility, power, agility, balance & core moves all in one class. Challenge your body to its limit & burn calories like crazy! All levels.

20/20/20: is a great mix of 20 mins low impact (aerobics style) cardio, 20 mins strength training & 20 minutes of stretching. Beginner to Intermediate levels.

Tabata / Yoga: Tabata is high-intensity interval training. 8 rounds of exercises in a 20-seconds-on, 10-seconds-off interval. 30 mins Tabata followed by 30 mins of Yoga. Great combo class! All levels.

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

AT HOME WORKOUT PROGRAMS: EXERCISE + NUTRITION + SUPPORT

*Includes: Workouts on DVDs or Online + Meal Plan + Superfood 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

