

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:30-7:30am	Abs & Butt Blast Lisa		Body Sculpt Lisa	Cardio Weights & Core Pamela	Interval 6x10 Christine			
8:00-9:00am						Cardio-Sculpt 30-30 Ana	Cardio Sculpt 30-30 Charlie	
9:15-10:15am	Muscle Conditioning Pamela	Cardio Weights & Core Nadia	Body Sculpt Ball Nadia	20-20-20 Cardio Muscle Core Taylor	Interval 6x10 Nadia	Cardio Weights & Core Nadia	Muscle Conditioning Pamela	
10:30-11:30am		Tush Toning & More Lisa	Cardio Abs & Butt Charlie	Interval 6x10 Lisa	Body Sculpt Pamela	Body Sculpt Lisa	Pilates Taylor	
11:30-12:30pm		Interval Cardio Core Taylor	<i>New Class &amp; Time</i>				<b>Personal Training Services</b>	
1:15-2:15pm	Interval Muscle Conditioning Nadia				Cardio Weights & Core Charlie	 <p><b>Transforming U Boot Camps 2012</b></p> <p><i>Happy New You!</i> <b>SOLD OUT</b></p> <p><b>2nd Chance Resolutions</b> Starts Wed. Feb. 8<sup>th</sup> '12</p> <p><i>Spring Fever</i> Starts Mon. Apr. 16<sup>th</sup> '12</p> <p><b>Register Now!</b></p>	<p>Sessions available from 6:00am – 9:00pm 7 days a week</p> <p>By appointment only.</p> <p>Call or visit to schedule a <b>FREE</b> initial consultation! 416-231-BFIT (2348)</p>	
6:00-7:00pm		Abs & Butt Blast Pamela			5:30-7:00 Boot Camp*		Cardio Muscle Conditioning Taylor	<b>NEW</b>
6:45-7:45pm	Cardio Burst & Sculpt Ana	Cardio Burst & Sculpt Christine	Cardio Abs & Butt Christine	Muscle Interval Cardio Jackie				<b>FtF Check-In Program</b>
7:45-8:45pm	Boot Camp* 8:00-9:30	Tush Toning & More Christine	Boot Camp* 8:00-9:30	Muscle Interval Cardio Jackie			<p>Last Tuesday of each month 8:00-9:00 pm</p> <p>Pre-register for 3, 6 or 12 months</p> <p>Call for more details!</p>	
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>	

**Fitness Class Memberships** *Effective Jan 16, 2012***1 Year Membership** **\$ 1,495 + HST = \$1,689<sup>.35</sup>**

- Unlimited access to scheduled fitness classes (excluding pre-registered classes) for a period of 1 year from the date of activation
- Discounted renewal price \$1,355 +HST (if renewed within 15 days of expiry of previous 1Yr or 6Mo membership)
- 15% Discount on Fitness Boot Camp registrations
- 25% bonus when purchasing 16 PT sessions (20 for 16)
- Membership Freeze program – up to eight (8) weeks
- Includes Fitness that Fits logo gift package

**6 Month Membership** **\$ 860 + HST = \$ 971<sup>.80</sup>**

- Unlimited access to scheduled fitness classes (excluding pre-registered classes) for a period of 6 months from the date of activation
- Discounted renewal price \$800 +HST (if renewed within 15 days of expiry of previous 6 Mo membership)
- 10% Discount on Fitness Boot Camp registrations
- 12% bonus when purchasing 16 PT sessions (18 for 16)
- Membership Freeze program – up to 4 weeks

**3 Month Membership NEW \$ 530 + HST = \$ 598<sup>.90</sup>**

- Unlimited access to scheduled fitness classes (excluding pre-registered classes) for a period of 3 consecutive months from the date of activation
- Not eligible for Membership Freeze program

**20 Class Pass** **\$ 340 + HST = \$ 384<sup>.20</sup>**

- Pass is good for access to 20 (twenty) scheduled fitness classes (excluding pre-registered classes)
- Expiry 1 year from the date of activation

**10 Class Pass** **\$ 190 + HST = \$ 214<sup>.70</sup>**

- Pass is good for access to 10 (ten) scheduled fitness classes (excluding pre-registered classes)
- Expiry 3 months from the date of activation

**Single Class Drop-In** **\$ 22.12 + HST = \$ 25<sup>.00</sup>**

*Prices Effective from Jan. 16, 2012 All sales are final. No refunds.  
Admin charges apply for any conversion between services or products.*

**2012 Transforming U Boot Camps**

1.5 hours – 3x per week – 4 weeks

Monday 8:00-9:30pm Wednesday 8:00-9:30pm Friday 5:30-7:00pm

**\$545 + HST = \$615.85**

15% discount – clients with 1 Yr Membership or 16PT package

10% discount – clients with 6 Mo Membership or 8PT package

**Fitness Class Descriptions****Abs & Butt Blast**

- ✂ Exercises focused on the two muscle groups that control your middle – abdominals, back & glutes
- ✂ May include pilates techniques & exercises to target the upper abs, lower abs & obliques; lunges, squats & floor work target the glutes & low back exercises to strengthen the core

**Body Sculpt** ...Ball ...Body Bar

- ✂ Exercises targeting a whole body workout with emphasis on muscle & core (using stability ball or Body Bar)
- ✂ May include use of a variety of equipment (hand weights, bars, tubing, pilates or medicine ball) to enhance workout

**Cardio** ...Half&Half ...with Weights ...Bursts

- ✂ Moderate to high intensity exercises that work the cardiovascular system using large muscle groups to increase heart rate into the target training zone of 60-80% intensity level
- ✂ Whole body exercises that may include jumping jacks, grapevines, as well as jump rope, use of the Reebok step, mini trampoline or Bosu® ball.
- ✂ With weights involves high repetitions and slower movements with lighter weights
- ✂ Bursts involves 1-2 minutes intervals at max intensity

**Core**

- ✂ Exercises focusing on the trunk, pelvic, and shoulder regions to improve posture, endurance and to reduce the risk of back pain
- ✂ May include exercises involving the abdominals, upper and lower back, shoulders and general strengthening for the arms and legs

**Interval 6x10**

- ✂ A class of six 10 minute intervals rotating through three categories: Cardio → Muscle Conditioning → Core → Cardio → Muscle Conditioning → Core

**Muscle Conditioning**

- ✂ Exercises focused on building muscle coordination, definition and endurance
- ✂ Includes use of equipment such as hand weights, weighted bar, tubing as well as weight bearing exercise such as push ups, bench dips, squats, lunges
- ✂ Involves heavier weights & fewer repetitions than Body Sculpt exercises to challenge muscle groups in a shorter time

**Pilates**

- ✂ Exercises that combine held postures with slow controlled movements to work the deepest layer of your abdominal muscles to help align and shape your body
- ✂ Focus is on using abdominal muscles to strengthen, lengthen and tone entire body
- ✂ Instructor will modify exercise moves to your ability with a focus on proper form

**20 / 20 / 20**

- ✂ A class combining Cardio exercises, Muscle Conditioning and Core exercises in three segments – 20 min each
- ✂ A full body workout that leaves you energized

**Tush Toning & More**

- ✂ A full body workout with particular emphasis on the tush, legs, abs and core
- ✂ May include cardio bursts and upper body conditioning
- ✂ Suitable for all fitness levels

**NEW Fitness Check-In Program**

- ✂ Goal review & accountability discussion
- ✂ Weigh-in, measurements, stretching, food journal review, commitment self-assessment, nutrition hand-outs & healthy snacks
- ✂ Last Tuesday of every month – 8:00-9:00 pm
- ✂ Pre-registration required:
 

3 Months (3 sessions)	\$60 + HST
6 Months (6 sessions)	\$100 + HST
12 Months (12 sessions)	\$150 + HST