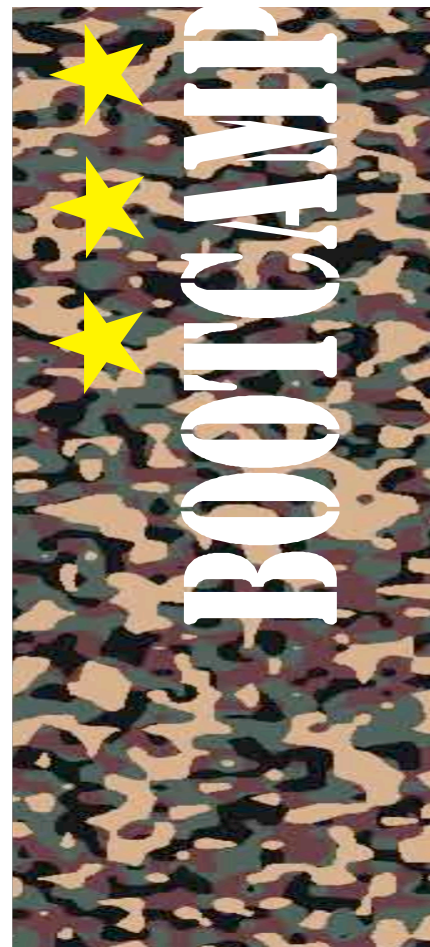




# Group Fitness Classes 2011



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Boot Camp</b> 7:00-7:45am Taunya Loeppky	<b>Boot Camp</b> 7:00-7:45am Craig Boyd	<b>Boot Camp</b> 7:00-7:45am Taunya Loeppky	<b>Boot Camp</b> 7:00-7:45am Craig Boyd	<b>Boot Camp</b> 7:00-7:45am Taunya Loeppky	
<b>Crosstraining &amp; Fitness</b> <i>*Advanced</i> 12:00-1:00pm David Sims	<b>Core Circuit</b> 12:10-1:00pm Kelly Morrissey	<b>Crosstraining &amp; Fitness</b> <i>*Advanced</i> 12:00-1:00pm David Sims	<b>Boot Camp</b> 12:10-1:00pm Kelly Morrissey	<b>Crosstraining &amp; Fit</b> <i>*Advanced</i> 12:00-1:00pm David Sims	<b>Crosstraining &amp; Fitness</b> <i>*Advanced</i> 10:00-11:00am Taunya Loeppky
<b>Crosstraining &amp; Fitness</b> <i>*Beginner</i> 5:30-6:30pm David Sims		<b>Crosstraining &amp; Fitness</b> <i>*Beginner</i> 5:30-6:30pm David Sims		<b>Crosstraining &amp; Fit</b> <i>*Advanced</i> 4:30-5:30pm David Sims	
	<b>Crosstraining &amp; Fitness</b> <i>*Advanced</i> 6:00-7:00pm Julie Bertrand		<b>Crosstraining &amp; Fitness</b> <i>*Advanced</i> 6:00-7:00pm Justin Li		



\*Prospective Crosstraining & Fitness students can try any class for free. However, in order to join an Advanced class, 12 weeks of the Beginner Crosstraining & Fitness class must be taken or 4 x 1 hr session of Crosstraining & Fitness foundations classes must be completed.

Foundations lessons are \$65 HR 1 person or \$37.50 pp for two.

Pricing (does not include taxes): Prepaid Classes:      1 month \$18/class      2 months \$16/class      3 months \$15/class      6 months \$13/class      Drop ins: \$20

Precision Athletics Inc. makes every effort to offer all clients equal access to the limited spaces in group fitness classes. Reservations will not be accepted without full payment, full payment is due at the time you sign up. By signing up for a group fitness class you must pay for all classes including GST. A full refund (less \$10 cancellation fee) is available up to 7 days prior to the start of the class. Refunds are not available less than 7 days prior to the start of the class. If you miss a class you do not get a refund nor can you drop-in to another class without paying the drop-in fee. Reservations are not accepted for drop-in participants, drop-ins are only available if space is available and payment of the drop-in fee is due prior to the start of the class. This policy is in place to ensure Precision Athletics can continue to offer a high quality group fitness program where all clients have access to the often high demand for participation in group fitness classes.