



Group Fitness Schedule

Vision Critical Building – Winter 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bootcamp 7:00 – 7:45am Suzy Kaitman	Bootcamp 7:00 – 7:45am Craig Boyd	Bootcamp 7:00 – 7:45am Ally Gray	Bootcamp 7:00 – 7:45am Craig Boyd	Bootcamp 7:00 – 7:45am Ally Gray	Crosstraining & Fitness 10:00 – 11:00am Kayla McDougall
Crosstraining & Fitness <i>*Open</i> 12:00 – 1:00pm David Simms	Core Circuit 12:10 – 1:00pm Ally Gray	Crosstraining & Fitness <i>*Open</i> 12:00 – 1:00pm David Simms	Bootcamp 12:10 – 1:00pm Suzan Kaitman	Crosstraining & Fitness <i>*Open</i> 12:00 – 1:00pm David Simms	
Crosstraining & Fitness <i>*Open</i> 5:30 – 6:30pm David Simms Complete Soccer Conditioning 6:30pm – 7:30pm Ally Gray	Crosstraining & Fitness <i>*Advanced</i> 6:00 – 7:00pm Kayla McDougall	Crosstraining & Fitness <i>*Open</i> 5:30 – 6:30pm David Simms	Crosstraining & Fitness <i>*Advanced</i> 6:00 – 7:00pm Justin Li	Crosstraining & Fitness <i>*Open</i> 4:30 – 5:30pm Kayla McDougall	

Class space is limited, reserve your spot online at <https://clients.mindbodyonline.com/ASP/home.asp?studioid=11186>. A 24-hour cancellation is required for all reserved spots.

Prepaid class pricing (before tax): 1 month \$18/class 3 months \$15/class 6 months \$13/class 12 month \$11.00/class drop-in \$20

Prepaid Class Pricing for Personal Training Members (before tax): 1 month \$40.00 Total (1class/week) 1 month \$75.00 Total (2 classes/week)

* Memberships sold on a month to month basis

For a FREE week trial, please email info@precisionathletics.ca.

For more information: precisionathletics.ca or 604 800 3453