

Registered Programs Fall 2009

Preventous Collaborative Health

Registration Begins August 20th

Session 1: September 14th-October 9th, 2009

Session 2: October 19th-November 13th, 2009
(fees will be pro-rated due to Remembrance Day holiday)

Session 3: November 16th – December 11th, 2009

Time Slots	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7 am	Bootcamp (Lindy)		Bootcamp (Lindy)		Bootcamp (Shantelle)		
9-10 am	Pilates (Sandi)			Pilates (Sandi)			
10-11 am	Yoga (Lee-Ann)		Yoga (Lee-Ann)	Zumba (Christine)			
12-1 pm		Walk Group (Lindy)		Walk Group (Lindy)			
1-2 pm	Balance Fit (Shantelle)		Balance Fit (Shantelle)				
6-7 pm			Zumba (Christine)				

Fees:

Bootcamps: \$145.00 (M), \$245.00 (NM) – classes run 3 times per week
(please note fall bootcamp starts Sept. 21st -October 16th, then follows regular session times)

Pilates: \$95.00 (M), \$145.00 (NM) - classes run 2 times per week

Yoga: \$95.00 (M), \$145.00 (NM) – classes run 2 times per week

Balance Fit: \$65.00 (M), \$95.00 (NM) – classes run 2 times per week

Zumba: \$45.00 (M), \$60.00 (NM) – class runs once per week (choose one time slot)

Walk Group: No Charge – class runs 2 times per week

