



# No Weigh Fitness

...moving...it's the heart of wellness.

**\*\*\*Both gym and Zoom classes available... all classes 45 minutes.**

## INSTRUCTOR

C—Carrie Koster: C.P.T.  
(Certified Personal Trainer)

**Updated June 10,  
2020**

### In the GYM CLASSES

#### Kickstart Monday:

(Every week is different...no rules)  
9:00-9:45am Monday

#### Quarter Time:

(10min intervals of muscle groups)  
9:00-9:45am Tuesday

#### Pyramid:

(Exercise groups-1min, 45s & 30s)  
9:00-9:45am Thursday

#### Friday Fitness: Carrie's Choice

9:00-9:45am Friday

#### Saturday Sunrise: Carrie's Choice

9:00-9:45am Saturday

### ZOOM CLASSES

#### Crazy 8's:

(8 exercises— 4 minutes of each)  
6:00-6:45pm Monday

#### Double Up Tabata:

(2 exercises 25s/25s 10s rest— 8x)  
9:00-9:45am Wednesday

#### Triple 'A':

(Arms, Abs and Assets)  
6:00-6:45pm Wednesday

#### This or That:

(Something different every week)  
6:00-6:45pm Thursday

#### Friday Fitness: Carrie's Choice

8:00-8:45am Friday

#### Saturday Sunrise: Carrie's Choice

8:00-8:45am Saturday

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9am Kickstart	2 9am Quarter Time	3 9am Dble Up Tabata	4 9am Pyramid	5 8:15am Fun Day	6 8:15am 1/4 Time
		6pm Crazy 8's		6pm Triple A	6pm This or That		
7		8 9am Kickstart	9 9am Quarter Time	10 9am Dble Up Tabata	11 9am Pyramid	12 8:15am Fun Day	13 8:15am Elimination
		6pm Crazy 8's		6pm Triple A	6pm This or That		
14		15 9am Kickstart	16 9am Quarter Time	17 9am Dble Tabata—Z	18 9am Pyramid	19 8am Add On—Z 9am Add On (gym)	20 8am Pyramid—Z 9am Pyramid (gym)
		6pm Crazy 8's—Z		6pm Triple A—Z	6pm This/That—Z		
21		22 9am Kickstart	23 9am Quarter Time	24 9am Dble Tabata—Z	25 9am Pyramid	26 8am Elimination—Z 9am Elimination (gym)	27 8am Dbl Tabata—Z 9am Db Tabat (gym)
		6pm Crazy 8's—Z		6pm Triple A—Z	6pm This/That—Z		
28		29 9am Kickstart	30 9am Quarter Time			<div style="border: 1px dashed black; padding: 5px;"> <p><b>More Info Contact Carrie:</b>  <b>Phone or Text: 403-318-6606</b>  <b>Email: carebearkoster@gmail.com</b></p> </div>	
	<p><b>PRICING/MONTH June 2020</b></p> <p>Zoom classes \$5.00+gst (<b>\$5.25</b>)/person    Zoom—Attend 20 Classes or more maximum pay —\$100.00+gst (<b>\$105.00</b>)</p> <p>Gym classes: 1 class/week \$35+gst (<b>\$36.75</b>)    Unlimited Gym Classes—5/week \$100+gst (<b>\$105.00</b>) for month            2 classes/week \$65+gst (<b>\$68.25</b>)    ***Note: Only 2 weeks for June in the gym, prices for gym are 1/2.</p>						

**ZOOM Classes You will be invoiced at the end of the month. Unlimited spots available.**

**GYM Classes must be pre-registered and pre-paid as there is limited spots available. 5 people max. per gym class.**