



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

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

INSTRUCTORS

Carrie Koster: C.P.T. and Melissa Perron C.P.T.
(Certified Personal Trainer)

July 2023

In the GYM CLASSES

Mystery Monday:

(Something different each week)

8:45-9:30am Monday

****9:30-9:45 extra stretching**

Target Tuesday:

(Focus on different muscle groups)

8:45-9:30am Tuesday

Functional Fitness Tues & Thur:

(Workouts promoting wellness)

9:45-10:30am Tues & Thurs

Wing It Wednesday:

(Surprise to me too what we do!)

8:45-9:30am Wednesday

****9:30-9:45 extra stretching**

Thursday “Burn” day:

(Main focus... increase heart rate)

8:45-9:30am Thursday

Friday “Fun”day:

(Variety of classes fun is the game)

8:45-9:30am Friday

Contact Info

Carrie:

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Website:

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 8:45am Mystery	4 8:45am Target 9:45am Funct. Fit	5 8:45am Wing It	6 8:45am “Burn” Day 9:45am Funct. Fit	7 8:45am Fun Day	8
9	10 8:45am Mystery	11 8:45am Target 9:45am Funct. Fit	12 8:45am Wing It	13 8:45am “Burn” Day 9:45am Funct. Fit	14 8:45am Fun Day	15
16	17 8:45am Mystery	18 8:45am Target 9:45am Funct. Fit	19 8:45am Wing It	20 8:45am “Burn” Day 9:45am Funct. Fit	21 8:45am Fun Day	22
23 & 30	24 & 31 8:45am Mystery	25 8:45am Target 9:45am Funct. Fit	26 8:45am Wing It	27 8:45am “Burn” Day 9:45am Funct. Fit	28 8:45am Fun Day	29
PRICING/MONTH JULY 2023 Zoom classes \$5.00+gst/class (\$5.25)/person						
Gym classes: 1 class/week or (4/month) \$40+gst (\$42.00) 2 class/week or (8/month) \$65+gst (\$68.25)				Unlimited Gym—3+ /week \$100+gst (\$105.00) for month Drop-in at Gym—\$10.50/class		

GYM Classes must be pre-registered and pre-paid at beginning of each month. Space is limited at each gym class.