



# NRG 4 LIFE

## 2011 SUMMER SCHEDULE

Effective June 6<sup>th</sup>, 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:35 - 6:30 AM <b>P.U.M.P.</b> All Levels <i>Cherilyn</i>		5:35 - 6:30 AM <b>FAT BLASTER</b> All Levels <i>Cherilyn</i>	5:35 - 6:30 AM <b>P.U.M.P.</b> All Levels <i>Cherilyn</i>		
9:15 - 10:15 AM <b>P.U.M.P.</b> Beg. / Int. <i>Jaclyn</i>			9:15 - 10:15 AM <b>P.U.M.P.</b> Beg. / Int. <i>Jaclyn</i>			
12:15 - 12:45 PM <b>CORE</b> All Levels <i>Grace</i>		12:15 - 12:45 PM <b>B.L.T.</b> All Levels <i>Ashley</i>				
5:30 - 6:30 PM <b>P.U.M.P.</b> Beg. / Int. <i>Ashley</i>	5:30 - 6:30 PM <b>BODYBLAST</b> All Levels <i>Jaclyn</i>	5:30 - 6:30 PM <b>P.U.M.P.</b> Beg. / Int. <i>Ashley</i>	5:30 - 6:30 PM <b>CIRCUIT</b> All Levels <i>Grace</i>			
6:35 - 7:30 PM <b>BOOTCAMP</b> Int. / Adv. <i>Grace</i>	6:35 - 7:30 PM <b>KICKBOXING</b> All Levels <i>Grace</i>	6:35 - 7:30 PM <b>ZUMBA</b> All Levels <i>Grace</i>	6:35 - 7:30 PM <b>STEP</b> Intermediate <i>Grace</i>			
7:35 - 8:30 PM <b>ZUMBA</b> All Levels <i>Grace</i>	7:35 - 8:30 PM <b>YOGA</b> All Levels <i>Grace</i>	7:35 - 8:30 PM <b>BOOTCAMP</b> Int. / Adv. <i>Grace</i>	7:35 - 8:30 PM <b>YOGA</b> All Levels <i>Grace</i>			

Stay Posted for  
"Specialty Classes"  
on occasional weekends  
during the summer...

Remember to do  
something active most  
days of the week (5+)  
in order to stay/get fit!

HAVE A GREAT SUMMER!

### Fee Schedule

40 Class Punch Pass:	\$220
24 Class Punch Pass:	\$144
12 Class Punch Pass:	\$78
6 Class Punch Pass:	\$45
9 Class Nooner Pass:	\$45
Drop-In:	\$8

### For More Information

Log onto our website at [www.nrg4life.ca](http://www.nrg4life.ca)  
or  
e-mail Grace at [grace.nrg4life.ca@hotmail.com](mailto:grace.nrg4life.ca@hotmail.com)  
or  
join the NRG 4 Life Facebook group

All instructors are provincially and/or internationally certified!  
Schedule of classes subject to change based on class attendance and/or facility restrictions.