


NRG 4 LIFE

MIND & BODY FITNESS FOR EVERYONE

Effective September 12 – September 30, 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:35 - 6:30 AM P.U.M.P. All Levels Cherilyn		5:35 – 6:30 AM FAT BLASTER All Levels Cherilyn	5:35 - 6:30 AM P.U.M.P. All Levels Cherilyn		
12:15 - 12:45 PM CORE All Levels Grace		12:15 - 12:45 PM B.L.T. All Levels Ashley				
5:00 – 6:00 PM P.U.M.P. Beg. / Int. Jaclyn		5:00 – 6:00 PM BODYBLAST All Levels Jaclyn				
	5:30 – 6:30 PM P.U.M.P. Beg. / Int. Ashley		5:30 – 6:30 PM STEP Intermediate Grace	5:30 – 6:30 PM CIRCUIT All Levels Ashley / Grace		
6:05 – 7:00 PM BODYBLAST All Levels Ashley		6:05 – 7:00 PM P.U.M.P. Beg. / Int. Ashley				
	6:35 – 7:30 PM KICKBOXING All Levels Grace		6:35 – 7:30 PM KICKBOXING All Levels Grace	<div style="border: 1px solid black; padding: 5px;"> <p align="center">Fee Schedule</p> <p>40 Class Punch Pass: \$220 24 Class Punch Pass: \$144 12 Class Punch Pass: \$78 6 Class Punch Pass: \$45 Drop-In: \$8</p> </div>		
7:05 – 8:00 PM BOOTCAMP Int. / Adv. Grace		7:05 – 8:00 PM ZUMBA All Levels Grace				
	7:35 – 8:45 PM YOGA All Levels Grace		7:35 – 8:45 PM YOGA All Levels Grace	<div style="border: 1px solid black; padding: 10px;"> <p align="center">For More Information</p> <p align="center">Log onto our website at www.nrg4life.ca or e-mail Grace at grace.nrg4life.ca@hotmail.com or join the NRG 4 Life Facebook group</p> </div>		
8:05 – 9:00 PM ZUMBA All Levels Grace		8:05 – 9:00 PM BOOTCAMP All Levels Grace				

All instructors are provincially and/or internationally certified!

Schedule of classes subject to change based on class attendance and/or facility restrictions.