







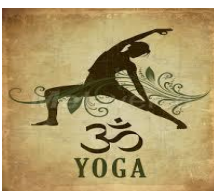

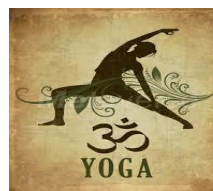


NRG 4 LIFE

2018 Schedule

www.nrg4life.ca

Effective:
Jan. 9, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday										
	5:35 – 6:30 AM P.U.M.P All Levels Grace		5:35 – 6:30 AM X-TRAIN All Levels Grace		10:00 – 11:00 AM P.U.M.P All Levels T.B.A.										
5:30 – 6:30 PM P.U.M.P Beg. / Int. Grace	5:30 – 6:30 PM X-TRAIN All Levels Grace	5:30 – 6:30 PM P.U.M.P Beg. / Int. Grace	5:30 – 6:30 PM  BODYBLAST All Levels Jaclyn	5:30 – 6:30 PM  CIRCUIT All Levels Grace											
6:45 – 7:45 PM  BOOTCAMP * All Levels Grace	6:35 – 7:30 PM  CARDIO All Levels Grace	6:45 – 7:45 PM  BOOTCAMP * All Levels Grace	6:35 – 7:30 PM  FIGHT All Levels Grace	Fee Schedule											
8:00 – 8:30 PM B.L.T. (Buns, Legs & Tummies) All Levels Grace	7:35 – 8:45 PM  YOGA All Levels Grace	8:00 – 9:00 PM  ZUMBA fitness All Levels Grace / Maryna	7:35 – 8:45 PM  YOGA All Levels Grace	<table border="1"> <tr> <td>Drop In:</td> <td>\$10</td> </tr> <tr> <td>6 Class Pass:</td> <td>\$48</td> </tr> <tr> <td>12 Class Pass:</td> <td>\$84</td> </tr> <tr> <td>24 Class Pass:</td> <td>\$156</td> </tr> <tr> <td>40 Class Pass:</td> <td>\$240</td> </tr> </table>		Drop In:	\$10	6 Class Pass:	\$48	12 Class Pass:	\$84	24 Class Pass:	\$156	40 Class Pass:	\$240
Drop In:	\$10														
6 Class Pass:	\$48														
12 Class Pass:	\$84														
24 Class Pass:	\$156														
40 Class Pass:	\$240														

Training levels are based on degrees of choreography complexity. Classes marked with a (*) are of a higher intensity!

All instructors are provincially and/or internationally certified!

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

We are located at the **Servus Sports Centre**
5202 – 12th Street; 2nd Floor
Fitness Training Room

E-mail Grace for more info at
grace@nrg4life.ca

Join our NRG 4 Life
Facebook page

