









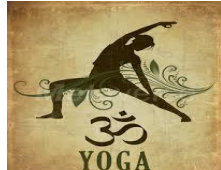


# NRG 4 LIFE

2018 Summer Schedule

[www.nrg4life.ca](http://www.nrg4life.ca)

Effective:  
May 22, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	5:35 – 6:30 AM <b>P.U.M.P</b> All Levels Grace		5:35 – 6:30 AM <b>X-TRAIN</b> All Levels Grace	
5:30 – 6:30 PM <b>P.U.M.P</b> Beg. / Int. Grace	5:30 – 6:30 PM <b>X-TRAIN</b> All Levels Grace	5:30 – 6:30 PM <b>P.U.M.P</b> Beg. / Int. Grace	5:30 – 6:30 PM  <b>BODYBLAST</b> All Levels Grace	5:30 – 6:30 PM  <b>CIRCUIT</b> All Levels Grace
6:45 – 7:45 PM  All Levels Grace	6:35 – 7:30 PM  <b>CARDIO</b> All Levels Grace	6:45 – 7:45 PM  All Levels Grace	6:35 – 7:30 PM  <b>FIGHT</b> All Levels Grace	<b>Fees</b> Drop In - \$10 6 Classes - \$48 12 Classes - \$84 24 Classes - \$156 40 Classes - \$240
	7:35 – 8:45 PM  All Levels Grace	8:00 – 9:00 PM  <b>ZUMBA</b> fitness All Levels Maryna	7:35 – 8:45 PM  All Levels Grace	

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 – 12<sup>th</sup> Street; 2<sup>nd</sup> Floor  
Fitness Training Room

E-mail Grace for more info at  
[grace@nrg4life.ca](mailto:grace@nrg4life.ca)

Join our NRG 4 Life  
Facebook page

