

EMPOWERMENT CLASS OPTIONS

GET IT DONE BOOTCAMP

MONDAY & WEDNESDAY - 6:30 - 7:30PM

FRIDAY - 5:45 - 6:45PM

BOW VALLEY CLUB - 250 6 AVE S.W. SUITE 370

This 3xweek class will constantly keep your body guessing through a diverse variety of class formats while enjoying a friendly, social and, at times, competitive group atmosphere. All fitness levels are welcome

FIT 2-THE BEAT CONDITIONING

SATURDAY - 11:00-12:00PM

FIT BODY BOOTCAMPS - 134, 1111 6 AVE S.W.

A brand new fitness concept that focuses on keeping you motivated through a blend of house and hip-hop music spun LIVE by DJ SHEN. In this class you will be using your own bodyweight as a way to challenge your cardiovascular endurance and maximize your calorie burn.

SATURDAY MORNING KICKBOXING

SATURDAY - 9:15 - 10:15AM

2110 FITNESS - 6624 CENTRE STREET S.E.

This is a non-competitive Kickboxing class focused on technique and calorie burn. Participants will learn how to properly execute punches and kicks as well as proper pad holding techniques. Class will consist of short and long combinations as well as certain bodyweight exercises. **Gloves and Pads are NOT provided.**

CLASS REGISTRATION PACKAGE

PACKAGE	CLASS OPTIONS			START DATE	END DATE	# OF CLASSES	MONTHLY INVESTMENT	TOTAL COST
	GET IT DONE BOOTCAMP	FIT 2 THE BEAT CONDITIONING	SAT MORNING KICKBOXING					
1	✓			JAN 2	FEB 29	26	\$180.00	\$360.00
2		✓		JAN 7	FEB 25	8	\$70.00	\$140.00
3			✓	JAN 7	FEB 25	8	\$50.00	\$100.00
4		✓	✓	JAN 7	FEB 25	16	\$110.00	\$220.00
5	✓		✓	JAN 2	FEB 9	34	\$215.00	\$430.00
6	✓	✓		JAN 2	FEB 29	34	\$235.00	\$470.00
7	✓	✓	✓	JAN 2	FEB 29	42	\$260.00	\$520.00

SINGLE MONTH REGISTRATION AND DROP IN FEES								
PACKAGE	GET IT DONE BOOTCAMP	FIT 2 THE BEAT CONDITIONING	SAT MORNING KICKBOXING	START DATE	END DATE	# OF CLASSES	DROP IN PRICE	TOTAL COST
1B	✓			JAN 2	JAN 30	13	\$25.00	\$200.00
2B		✓		JAN 7	JAN 28	4	\$25.00	\$90.00
3B			✓	JAN 7	JAN 28	4	\$20.00	\$70.00

I _____, have read the class description and understand the terms and conditions presented to me in the chart above.

I have chosen to purchase _____ at \$ _____ + GST. *Please make cheques payable to Empowerment Personal Training

[PACKAGE #] [TOTAL COST]

Date _____ Signature _____

IF YOU HAVE ANY QUESTIONS PLEASE CONTACT DAMIR AT: INFO@EMPOWERMENTPT.COM OR 403.605.2754

WWW.EMPOWERMENTPT.COM