



## February Group Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am Metabolic chaos with Jim	6am lower assault with Jim	6am full assault with Jim	6am Spin with Beth	6am Shred It with Beth	9:00am Spartacus 2.0 with Jim
9am Circuit with Sage	9am Yoga with Jill	8am Spin with Beth	9am Yoga with Jill	9am Step&Sculpt with Beth	
11am Restorative Total body workout w/Beth	10am Total Body fun with Jim	9am Shred It with Beth	9am Barre Fit with Catherine	10am Spin with Beth	
6pm Spartacus with Sue	5pm Spin with Beth	6pm Spartacus 2.0 with Jim	10am TRX with Beth		
	6pm Total Body with Jim				

Gym closed on February 12th for Family Day

Please make sure you <b>pre-register</b> for all <b>TRX classes, Spin, Barre Fitness and Spartacus classes</b>		
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*You must give **24hr notice** to cancel for pre-signed up classes or you will be charged for that class*

### Prices:

<b>Drop in</b>	<b>\$15</b>
<b>10 Punch Pass</b>	<b>\$99</b>
<b>1 Month Unlimited</b>	<b>\$169</b>

all prices subject to 5% GST

Daycare is available Monday-Friday 8am-11am

Child Minding      \$4/hour per child

