

Body Be FIT 2010 Summer Schedule

Bootcamp

Moderate to High Intensity full body circuit workout includes cardio, core, strength & resistance training. Perfect for any fitness level. Based on time not on reps, so you're never the last one to finish. You'll start seeing results in just one month!

EAU CLAIRE PARK

Tu / Th 4:30 – 5:30 pm

M / Tu / W / Th 5:30 – 6:30 pm

CLIFF BUNGALOW

Tu / Th 7:00 – 8:00 pm

Sat 9:30 – 10:30 am

30 Minute Blast

Can't commit to an hour? That's OK! In 30 minutes you'll sweat and feel great all the same. High Intensity full body workout, includes muscle endurance, core strengthening and plenty of cardio for extra calorie burn!

EAU CLAIRE PARK

M / Tu / W / Th 12:15 – 12:45 pm

Bootcamp for Moms with Tots

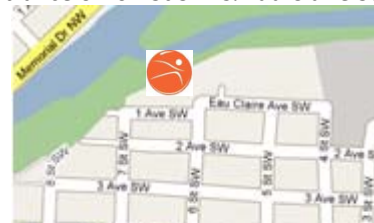
A 60 minute workout designed specifically for moms with tots in tow. Exercises will focus on core, balance and strengthening & toning your muscles. Spend some time your little ones and get fit doing it. If you are a new mother please get cleared by your physician to start exercising before signing up.

GARRISON GREEN

Tu / Th 9:30 – 10:30 am

Eau Claire Park (Downtown):

Entrance off 6th St SW & Eau Claire St SW



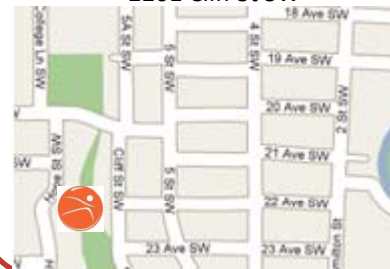
Garrison Green @ A.D. Ross Park

Dallaire Ave SW at Mike Ralph Way SW



Cliff Bungalow (Montessori School)

2201 Cliff St SW



Body Be Fit Policies & Tips

- **Costs:** Our goal is to make fitness affordable in anyone's budget!
 - **BOOTCAMPS** are \$15/session on a Monthly Pass [plus GST], paid on the 1st of every month. Or you can drop in anytime for \$20!
 - **30 MINUTE BLAST** are \$10/session on a Monthly Pass [plus GST], paid on the 1st of every month or just \$15 for drop ins!
- **Rain or Shine:** The weather can change day to day, hour to hour. Please be prepared with layered clothing and proper shoes. Classes will go on regardless of rain.
- **What to Bring:** to make sure you have the best possible experience please bring an exercise/yoga mat and a water bottle. In hot weather sunglasses and a hat or visor are also suggested.
- **Refunds:** Body Be Fit does not offer any refunds as we plan for a number of participants and close the class when we reach the maximum. If you're not sure you can commit to the whole month, please check out our drop in option.
- **Questions:** Not sure if this is for you? Wondering if you can bring a friend? Contact us at www.bodybefit.ca, kevin@bodybefit.ca or (403) 830-9697.

kevin@bodybefit.ca ● 403.830.9697 ● www.bodybefit.ca