

<b>TIME</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>6:00AM</b>	<b>ROCK YOUR BODY Co-ed</b>		<b>ROCK YOUR BODY Co-ed</b>		<b>ROCK YOUR BODY Co-ed</b>	<b>ULTIMATE BOOTCAMP 9:00AM</b>
<b>9:00AM</b>						
<b>5:30PM</b>	<b>POWER HOUR Co-ed</b>	<b>KETTLE BELL Beginner</b>	<b>ADVANCED WOMEN &amp; WEIGHTS</b>	<b>KETTLE BELL Advanced</b>	<b>ZUMBA Women Only NO CLASS APRIL 7<sup>TH</sup></b>	
<b>6:30PM</b>	<b>POWER HOUR Women Only</b>		<b>POWER HOUR Women Only</b>			
<b>8:00PM</b>		<b>ROCK YOUR BODY Co-ed</b>		<b>ROCK YOUR BODY Co-ed</b>		

**BODY BASICS GYM – FITNESS CLASSES**  
**MARCH 14<sup>TH</sup> TO APRIL 21<sup>ST</sup>**  
**6 WEEKS**

**1 CLASS/WEEK \$50**

**2 CLASSES/WEEK \$45 EACH**

**3 CLASSES/WEEK \$40 EACH**

**UNLIMITED ACCESS FOR 6 WEEKS \$200/person**

**REGISTER @ [trailrun@telus.net](mailto:trailrun@telus.net)**

<b>TIME</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>6:00AM</b>	ROCK YOUR BODY Co-ed		ROCK YOUR BODY Co-ed		ROCK YOUR BODY Co-ed	
<b>9:00AM</b>						ULTIMATE BOOTCAMP 9:00AM
<b>5:30PM</b>	POWER HOUR Co-ed		ADVANCED WOMEN & WEIGHTS	KETTLE/RUN Outdoor (8 WEEKS) Ends June 23 <sup>rd</sup>	ZUMBA Women Only	
<b>6:30PM</b>	POWER HOUR Women Only	BEGINNER RUN Women Only Outdoor Starts May 17	POWER HOUR Women Only	BEGINNER RUN Women Only Outdoor		
<b>8:00PM</b>		ROCK YOUR BODY Co-ed		ROCK YOUR BODY Co-ed		

**BODY BASICS GYM – FITNESS CLASSES**  
**MAY 1<sup>ST</sup> TO JUNE 11<sup>TH</sup>**  
**6 WEEKS**

**1 CLASS/WEEK \$50**

**2 CLASSES/WEEK \$45 EACH**

**3 CLASSES/WEEK \$40 EACH**

**UNLIMITED ACCESS FOR 6 WEEKS FOR \$200**

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