

Registration Form: January/February Registration Opens December 11th at 8am

Name: _____
 Company: _____ Work Phone: _____
 Email: _____

Please check	CLASS NAME	DAY	TIME	COST <small>including GST</small>	INSTRUCTOR
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Group Exercise Classes

	Cycling	Mondays	11:35-12:20	\$50.00	Braden
	Yoga: Yang-Yin		12:30-1:30	\$60.00	Kate
	Bootcamp	Tuesdays	11:35-12:20	\$60.00	Natalie
	Pilates		12:30-1:15	\$60.00	Jacqui
	H.I.T.	Wednesdays	7:00-7:45	\$60.00	Braden
	Yoga: Vinyasa		11:00-12:00	\$80.00	Sarah
	Core Blast		12:10-12:40	\$45.00	Jacqui
	Body Sculpt		12:45-1:30	\$60.00	Jacqui
	Bootcamp	Thursdays	11:40-12:25	\$60.00	Cathy
	Ballet Barre Works		12:30-1:30	\$80.00	Jessica
	Cycling	Fridays	11:35-12:20	\$60.00	Jacqui
	Tabata Blast		12:30-1:00	\$45.00	Jacqui

No Classes Monday February 19th and 26th

	Drop In Coupons - Book of 6	Any Day	Anytime	\$50.00	All
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VISA M/C DEBIT CHEQUE CASH **TOTAL** \$

Winter Garden Yoga & The Polar Bear Ride!

We are happy to bring back, for the second time, our Winter Garden Yoga class, and outdoor cycle class- The Polar Bear Ride!

Monday February 26th:

Winter Garden Yoga- 12pm-1pm

Polar Bear Ride- 12pm-1pm

Drop in by Donation.

- ▶ Please make cheques payable to: **Health Systems Group**
- ▶ If you prefer to pay by cash, please have the exact amount. We can not provide change.

