



# NRG 4 LIFE

MIND & BODY FITNESS FOR EVERYONE

Effective November 14<sup>th</sup>, 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:35 - 6:30 AM <b>P.U.M.P.</b> All Levels <i>Cherilyn</i>	5:35 - 6:30 AM <b>YOGA FUSION</b> All Levels <i>Cherilyn</i>	5:35 - 6:30 AM <b>FAT BLASTER</b> All Levels <i>Cherilyn</i>	5:35 - 6:30 AM <b>P.U.M.P.</b> All Levels <i>Cherilyn</i>		
					9:30 - 10:30 AM <b>P.U.M.P.</b> All Levels <i>Grace / Ashley / Jaclyn</i>	
5:00 - 6:00 PM <b>P.U.M.P.</b> Beg. / Int. <i>Jaclyn</i>		5:00 - 6:00 PM <b>BODYBLAST</b> All Levels <i>Ashley</i>				
	5:30 - 6:30 PM <b>P.U.M.P.</b> Beg. / Int. <i>Ashley</i>		5:30 - 6:30 PM <b>STEP</b> Intermediate <i>Grace</i>	5:30 - 6:30 PM <b>CIRCUIT</b> All Levels <i>Ashley / Grace</i>		
6:05 - 7:00 PM <b>BODYBLAST</b> All Levels <i>Ashley</i>		6:05 - 7:00 PM <b>P.U.M.P.</b> Beg. / Int. <i>Ashley</i>				
	6:35 - 7:30 PM <b>KICKBOXING</b> All Levels <i>Grace</i>		6:35 - 7:30 PM <b>KICKBOXING</b> All Levels <i>Grace</i>			
7:05 - 8:00 PM <b>BOOTCAMP</b> All Levels <i>Grace</i>		7:05 - 8:00 PM <b>ZUMBA</b> All Levels <i>Grace</i>				
	7:35 - 8:45 PM <b>YOGA</b> All Levels <i>Grace</i>		7:35 - 8:45 PM <b>YOGA</b> All Levels <i>Grace</i>			
8:05 - 9:00 PM <b>ZUMBA</b> All Levels <i>Grace</i>		8:05 - 9:00 PM <b>BOOTCAMP</b> All Levels <i>Grace</i>				

**Fee Schedule**

40 Class Punch Pass: \$220  
 24 Class Punch Pass: \$144  
 12 Class Punch Pass: \$78  
 6 Class Punch Pass: \$45  
 Drop-In: \$8

**For More Information**

Log onto our website at [www.nrg4life.ca](http://www.nrg4life.ca)  
 or  
 e-mail Grace at  
[grace.nrg4life.ca@hotmail.com](mailto:grace.nrg4life.ca@hotmail.com)  
 or  
 join the NRG 4 Life Facebook group

**All instructors are provincially and/or internationally certified!**

Schedule of classes subject to change based on class attendance and/or facility restrictions.