

Fitness Classes @ the ProActive Training Centre

February 27-April 28/12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Split/Fit 6:15 pm	Tabata 6:15 pm		20/20/20 6:15 pm			
	Core Blast/Yoga Stretch 7:30 pm				Boot Camp 9:30 am	

Split/Fit: 30 minutes of cycling for cardio and 30 mins of TRX muscle conditioning and core work. A complete workout!

20/20/20: *circuit/cycle/circuit. Cardio and muscle conditioning challenge using weights, cables, balls, BOSUs etc.*

Tabata: A complete workout using high intensity intervals to improve aerobic and anaerobic strength, muscle strength and rev up your metabolism

Core Blast/Yoga Stretch: 20 minutes of core exercises followed by 40 minutes of yoga style stretching. Relax and lengthen.

Boot Camp: Challenge yourself in this one hour coed class with strength training circuits, plyometrics, agility training, core work and Stretching. All ages and levels welcome.

EACH CLASS IS \$90 FOR THE 9 WEEKS OR A \$12 DROP IN FEE/CLASS

Do More—Save More!!! 2 classes/week \$165 3 classes/week \$215

Located at the Speed Unlimited Training Centre – 526 Queenston St. (at the canal, across from Frado's)

Call Karina @ (905) 933-9292 or e-mail karina_yap@hotmail.com to reserve your spot!