

Spring 2010 Group Registration Form - May & June

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

Please check	CLASS NAME	DAY	TIME	COST <small>prices include GST</small>	INSTRUCTOR
--------------	------------	-----	------	---	------------



	Body Sculpting	Monday No class May 24	10:45-11:30	\$ 45.00	Monika
	H.I.T.		11:35-12:20	\$ 45.00	Tara
	Yoga - Yin-Yang		12:30-1:30	\$ 70.00	Colleen
	Indoor Bootcamp	Tuesday	10:45-11:30	\$ 50.00	Jenneane
	Resist & Release		11:35-12:20	\$ 50.00	Bonita
	Core Rhythms		12:30-1:30	\$ 80.00	Trista
	Yoga - Runner's Workshop		4:00-5:00	\$ 60.00	Colleen
	H.I.T.	Wednesday	6:45-7:30	\$ 50.00	Tara
	Body Sculpting		10:45-11:30	\$ 50.00	Monica
	Fitball & Core		11:35-12:20	\$ 50.00	Steve
	Yoga - Vinyassa Flow		12:30-1:30	\$ 80.00	Colleen
	Core Barre (6 week class)	Thursday	10:55-11:45	\$ 60.00	Shelley
	Butts & Guts		11:50-12:35	\$ 50.00	Bonni/ TBA
	Butts & Guts		12:45-1:30	\$ 50.00	Jodie
	Pilates	Friday	10:45-11:45	\$ 80.00	Shelley
	Outdoor Bootcamp		11:10-12:00	\$ 50.00	Tara

	Take off Ten	Mon/Wed	9:30-10:30	\$ 456.75	TBA
	Take off Ten	Mon/Thurs	1:30-2:30	\$ 456.75	TBA
	Take off Ten	Tues/Thurs	4:00-5:00	\$ 456.75	TBA

VISA M/C DEBIT CHEQUE CASH TOTAL \$

- ▶ 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.

