

Winter 2012 Group Registration Form - January & February

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

Please check	CLASS NAME	DAY	TIME	COST including GST	INSTRUCTOR
	Body Sculpting	Monday <small>(no classes Feb 20, 2012)</small>	10:45-11:30	\$ 50.00	Monika
	H.I.T.		11:35-12:20	\$ 50.00	Tara
	Yoga - Yin-Yang		12:30-1:30	\$ 70.00	Colleen
	Bootcamp-Basic Training		4:30-5:15	\$ 50.00	Ross
	Bootcamp- Indoor	Tuesday	10:45-11:30	\$ 55.00	Lana
	Athletic Step		11:35-12:20	\$ 55.00	Lana
	Pilates		12:30-1:30	\$ 80.00	Dorothy
	Yoga- Yin		4:30-5:30	\$ 80.00	Dawson
	H.I.T.	Wednesday	7:00-7:45a	\$ 55.00	Curtiss
	Body Sculpting		10:45-11:30	\$ 55.00	Monika
	Fitball & Core		11:35-12:20	\$ 55.00	Ross
	Yoga - Vinyassa Flow		12:30-1:30	\$ 80.00	Colleen
	Express Sculpt		4:30-5:00	\$ 30.00	TBA
	Express Circuit		5:00-5:30	\$ 30.00	TBA
	Fitness Kickboxing	Thursday	10:45-11:30	\$ 80.00	Kate
	Butts & Guts		11:35-12:20	\$ 55.00	Joanna
	Butts & Guts		12:30-1:15	\$ 55.00	Andrea
	Snow Sport	Friday	7:00-7:45a	\$ 55.00	Lana
	TGIF		11:35-12:20	\$ 55.00	Curtiss
	Zumba		12:30-1:30	\$ 80.00	Amber

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.

