



Fitness with PJ

MAKING YOU FIT. FOR LIFE.

Kalorie Killer!

A 60 minute, once a week, 6-week group training program.

This 60 minute class is a personal training experience in a small group setting. In groups of 4 I will take you through a calorie blasting circuit workout where you will hit every muscle group as you rotate through different stations using a variety of fitness equipment and your own bodyweight. It's the perfect combination of heart pumping cardio and pure strength training to challenge any fitness level.

Please note: while I will try my best to accommodate you if you miss a class, there are no guarantees that you will receive a make-up class if you miss one of your scheduled classes. Thank you for your understanding.

Dates:

January 9, 2012 Monday 4pm

January 10, 2012 Tuesday 9:15am (FULL)

January 10, 2012 Tuesday 10:15am

January 12, 2012 Thursday 9:15am (FULL)

January 12, 2012 Thursday 10:15am

January 12, 2012 Thursday 5:00pm (FULL)

January 12, 2012 Thursday 6:00pm (FULL)

Cost:

\$120 for the 6-week program

Where:

5446 13B Ave, Delta

To register:

Each class is limited to 4 people to ensure quality of training, so please register early by email or phone.

e: info@fitnesswithpj.com

t: 604.341.1509

www.fitnesswithpj.com