



Fitness with PJ
MAKING YOU FIT. FOR LIFE.

Kalorie Killer – Mini Classes through December!

A 60 minute, once a week group training program.

Kalorie Killer will take you through a calorie blasting circuit workout where you 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.

Choose from:

Monday Dec. 12 & 19, 4pm

Tuesday Dec. 6 & 13 9:15am

Thursday, Dec. 8 & 15 9:15am / 5pm / 6pm

Cost:

\$40

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