

SPRING PROGRAM I • APR - JUN

Sign Up Today! (April 17 – Jun 4)



\$49.50* For Members • **\$64.50*** For Non-Members
(6 Week Class Series • Apr 17 - Jun 4) ***50% OFF**
ORIGINAL PRICES

\$62.50 For Members • **\$83** For Non-Members
(Flexible 5 Pack Drop-In Passes) **50% OFF**
ORIGINAL PRICES

**Discount valid until April 30, 2023*

6 Week Class Series: Six 45-minute classes over six weeks in **one** chosen program.
Flexible 5 Pack Drop-in Passes: Five 45-minute drop-in classes in **any** program, with no restrictions on frequency.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						8:00am HIIT & Strength (with Ron)
12:05 am Chair Yoga (with Rosemarie)	12:05pm TRX Training (with Tyler/Kim)	12:05pm Yoga (with Gita)	12:05pm Zumba (with Ana)	12:05 pm Wellness Series	12:05pm Spring Training* (with Tyler/Kim)	

***Spring training is a complimentary class for members, non-members must purchase a drop-in. This program will consist of various strength, conditioning, flexibility and core training to prepare you for spring and summer activities!**

Register at (403) 460-3873, www.fusefitness.ca/fitness-programs or scan here!

