

# SUMMER PROGRAMS JUN - JULY

Sign Up Today! (June 5 – July 14)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:15am Boot Camp (with Tyler, Outdoors)	6:15am Aerobics (Move 123)		6:15am Strength Training (Move 123)		
12:05 pm Yoga (Move 123)		12:05pm Yoga (with Gita)	12:05pm Zumba (with Ana)		12:05pm Stretching (Move 123)	12:05pm Cardio Kickboxing (Move 123)
	5:00pm Pilates (Move 123)		5:00pm Aerobics (Move 123)		5:00pm Strength Training (Move 123)	

## Move 123 Virtual Classes

Join us for our Move123 Classes, 20-to-30-minute professional pre-recorded group fitness workouts, complimentary to members. Guests can enjoy these classes for our drop-in fee.

## Paid Summer Programming

Get the most of your workout with these 45-minute instructor led classes! This summer season, we have yoga and zumba to get you sweating and keep you smiling.

**\$49.50\* For Member • \$64.50\* For Non-Members Class Series (50% off original price until June 16)**

**\$62.50\* For Member • \$83\* For Non-Members Flexible 5 pack Drop-in passes**

## Community Drop In Class: Bootcamp

Soak up the sunshine and join us for bootcamp this summer! Every Monday, meet Tyler at the Fuse Fitness Lobby for a great workout. We use the pay what you can philosophy for this workout, meaning that you can join us for the price that you are able to pay at this moment in your workout journey.

# REGISTER TODAY!

at (403) 460-3873,  
[www.fusefitness.ca/fitness-programs](http://www.fusefitness.ca/fitness-programs)  
or scan here!

