

Spring-Summer 2019 Registration: April 29 - June 21, 2019

Registration opens April 15 at 7:00 AM

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

Please check	CLASS NAME	DAY	TIME	COST (w/ GST)	INSTRUCTOR
Group Exercise Classes					
	Cycle (7 weeks)	Mondays	11:30-12:15pm	\$55.00	Curtiss
	Ballet Barre Works (7 weeks)		12:30-1:30pm	\$75.00	Heather
	Body Blast (8 weeks)	Tuesdays	12:30-1:15pm	\$65.00	Alison
	Yoga Foundations (8 weeks)		4:30-5:30pm	\$90.00	AJ
	Cycle (8 weeks)	Wednesdays	6:30-7:15am	\$65.00	Nicole
	Ballet Barre Works (8 weeks)		11:30-12:30pm	\$90.00	Billie
	Pound (8 weeks)		12:45-1:30pm	\$65.00	Marjorie
	Vinyasa Flow Yoga (8 weeks)	Thursdays	11:30-12:30pm	\$90.00	Lauren
	TRX & Cycle (8 weeks)		12:30-1:15pm	\$65.00	Alison
	Zumba (8 weeks)	Fridays	11:15-12:00pm	\$65.00	Liliana
	Yin Yoga (8 Weeks)		1:05-2:05pm	\$90.00	AJ
	Drop In Coupons - Book of 6	Anyday	Anytime	\$52.50	All
	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.

