



905-951-1219 www.revivefitness.ca

25 Mill Street, Bolton, Ontario L7E 1C3



FALL 2010

Sep 7-Dec 12

Studio Closed: Thanksgiving Holiday Monday (Oct 11)

Programs not included in Memberships shaded grey

*Prices include HST.

Youth FIT & Girlz FIT -

Mon—Wed 3:30-4:15 pm \$300 for all 3 days or \$125/program Mon & Tues 6:15-7 pm - \$125/program

Dates: Sep 14-Dec 13 (13 wks)

GIRLZ FIT Tues Sep 23-Dec 9 Cost: \$125

Open Gym Time

Come in any time between the hours offered. Choose a pre-written workout and enjoy a workout on your own.

INCLUDED in Unlimited Membership

Pay as You Go \$10/workout.

HOT FLEX & HOT YOGA-

HOT FLEX-45 mins- These classes are a unique form of Hot Yoga, created by Revive Fitness. Each class combines stretch & strength exercises put together to compliment our regular training classes.

HOT YOGA- 1 hr - Lead by a certified yoga instructor following a Yoga Flow style.

Both program offered in a private, intimate studio heated to approximately 90 degrees. Come and enjoy the tranquility of these two fascinating programs and allow your body to relax, repair and recover from everyday stresses or workouts.

MUST bring a LARGE beach towel to each class, mats are provided. Please arrive early to reserve your space as classes are limited. Sign in may be done a minimum of 1 hr prior to the class start. To be fair to all, you may not hold a spaces for others or call in or email reservations. **Included** in Unlimited Memberships. **Non-**\$150/10 classes (Passes Expire after 3 mths)

THE ANSWER-Nutrition & Empowering

This program will amaze you! Join this amazing program and learn exactly how to shed those unwanted pounds of fat. You won't be disappointed- this program is **THE ANSWER** to weight release!

Members: \$400 **Non-**\$500 (includes workouts)

Includes: weekly measure, classes, meal replacements, snacks, vitamins, cleanse product, fat accelerators, lectures & coaching.

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:30 45 min	Pump IT	Circuit	OPEN GYM TIME		Pump IT		
9:15 1 hr	Pump IT	Circuit	3-2-1 Interval Training	Circuit	Pump IT (45 Min)	9-10 am Circuit	
10:00 1 hr				THE ANSWER Sep 16-Nov 4 \$400 members \$500 non	Hot Flex (Lee)	Kickboxing Hot Yoga (Mimi)	OPEN GYM TIME
12:30 30 min		Circuit		Circuit	<p>PASSES-Adults try REVIVE... Choose 1 class/week for 8 wks \$120 or 5 Flex Class Passes \$100 (hot yoga /flex not included-see side panel for prices)</p> <p>NEW! REVIVE FITNESS Gift Certificates! \$440 Package value for ONLY \$50....</p> <p>Certificate Includes: Initial Consultation & Personal Body Fat Analysis & Final Success Evaluation 1 on 1 with a Trainer & 1 month of Unlimited classes</p> <p>Excellent as a gift, prize or for a new members!</p>		
3:30 pm 45 min	Youth FIT	Youth FIT	Youth FIT				
4:15 1 hr		GIRLZ FIT (10-15 yr) 45 min *Circuits, Intervals, Sculpting & Toning	OPEN GYM TIME				
6:15-7:00 45 min	Youth FIT	Youth FIT	Youth FIT				
7:00 1 hr	Pump It	Burn'n'Sculpt	Kickboxing	Circuit (45 min)			
8:00 1 hr	Kickboxing Hot Yoga (Mimi)	Men's CT	3-2-1 Interval Training Hot Flex (Lee)	THE ANSWER Sep 16-Nov 4 \$400 members \$500 non			

AGE & GENDER: Classes listed on this schedule are co-ed & adult programs (15+yrs), unless otherwise indicated. To continue to meet the needs of members, the schedule may change with notice if a class/ open gym time min 5 participants or more doesn't remain consistent over 4 consecutive weeks. In the event of inclement weather, please contact the studio for voice message indicating closures.

