

SCHEDULE DESCRIPTIONS

All programs **BOLD BLACK** for 13 yr + & Included In Memberships or Passes.
See reverse for Pricing.

Pump It

Strong and steady is the challenge of this program. Using a variety of tools: bars, bands and bells from moderate to heavy weight in a sequence of high repetition exercises. Burn fat with lean muscle-that's the key and this workout does just that!

Circuit

Ready, set, go! Experience the "whistle"! The whistle is a tool used to keep you focused and on track with your trainer coaching you through pre-designed circuits of timed intervals of 30 seconds to 1 minute. Using pulley machines, pull up bars, balance boards, dumbbells and more. This program will keep your mind and body on stimulated and on track!

Cross Training

This interval training program offers short intense cardio bursts combined with a variety of muscle conditioning exercises. The program is delivered with a Program Of the Day (P.O.D.) & results are entered in a Training Log. Great motivation!

Kickboxing/Boxing

This is a non-contact shadow sparring program using upper &/or lower body combinations. Workouts give a mental and physical blast, leaving you sweating and with improved energy and focus! Note: A partner is not needed, the trainer will place you with someone with similar abilities and equipment is provided.

Sets

Pushing yourself with a partner spotting you in this relaxed training session with a trainer guiding you through each "Set". Learn proper form, appropriate weights and reps as you educate yourself in training. You'll be surprised at just how strong you are and how much you'll crave this training session!

Stretch & Refresh

Enjoy this gentle restorative stretch class and refresh your muscles and your mind.

Hot Yoga /Spin

Our infrared heating system will allow you to feel heated from the inside out. With this unique heating system, you will sweat, stretch and build your muscles, burn fat, boost and boost your metabolism and immune system. While participating in Yoga or Spin you will burn up to 800 cal/hr in one class! Class temperature can reach up to 105 F, so don't forget a towel and water with your mat!

Zumba

Join in this crazy cool Dance-Fitness low impact workout set to hip-hop, salsa, reggaeton and more. No dance experience necessary, just come out and enjoy moving your body.

**Please wear comfortable training attire & indoor shoes. Proper hydration is essential, we recommend that you hydrate during before and training. Please bring sufficient water with you. Sessions are designed for co-ed participants, beginner to advanced welcome. Consistency is key to RESULTS-less than 5 participants after 4 consecutive weeks may be cancelled.*

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WINTER SCHEDULE JAN 7-MAR 9/12

REVIVE CELEBRATES 10 YEARS IN BOLTON! All are welcome-FAMILY, FRIENDS, RELETIVES-ANYONE-it's FREE!

We truly hope you will join us as we celebrate at Revive Sun Feb 12-11-2 pm.

11-11:40 am-Cross Training, 12-12:40 pm-Zumba & 1-1:40 pm Gentle Heated Stretch to close the event.



	MON		TUES		WED		THURS		FRI		SAT	
TIMES	Gym	Studio	Gym	Studio	Gym	Studio	Gym	Studio	Gym	Studio	Gym	Studio
7:00-7:45 am	Cross Training (Soraya)				Pump It (Shawn)			Hot SPIN (Sean)	Cross Training (Shawn)			
9:00-10:00 am (unless stated)	Pump It (Shawn)		Circuit 45 mins (Lee)	9:45-10:15 am Stretch & Refresh (Lee)		Hot Spn (Shawn)	Circuit 45 mins (Lee)	9:45-10:15 am Stretch & Refresh (Lee)	Sets 45 mins (Shawn)	9:15-10:15 am Hot Yoga (Brigitte)	Cross Training Circuit (Shawn/Lee)	9-9:30 Pre-School Ballet 9:30-10 Pre-School Hip Hop (Aly)
10:30-11:30 am (unless stated)	Mum & Baby Zumba + Toning (Soraya)		Zumbatonic 3-6 yrs (Soraya) No class Feb 14		Mommy/Baby Zumba (Soraya)						10-11 Boxing (Shawn)	10-10:45 Hot Yoga (Lee)
12:30-1:00 pm	Pump It (Shawn)		Circuit (Lee)				Circuit (Lee)	1:30-2:10 pm Zumbatonic 3-6 yrs (Soraya) No class Jan 19	TEENS/STUDENTS Attend ANY class (not bolded/dark grey) -Unlimited \$249 for 3 months OR Choose to Register for a SET DAY & TIME -8 wks -\$80-Jan 14 -Mar 5 SPECIALTY PROGRAMS (Shaded Dark Grey) Mum/Baby Zumba + Toning 5 wks \$50/session Session #1 Jan 16 -Feb 15 Session #2 Feb 20-Mar 28 (no classes over March Break) 10% OFF for 2 TUES & THURS -Zumbatonic \$70-7 wk Dates: Jan 17-Mar 8 DANCE PROGS & TEEN HOT YOGA -8 wks Jan 14-Mar Mar 6-\$80/prog THE ANSWER -Jan 16-Feb 20-Members \$10/each day Non-Members \$299 (includes 6 wks training) Weekly nutrition support & lecture. Hard copy Workbook available for \$20 or Electronic \$10. GENTLE GUIDED 30 Day GROUP CLEANSE (with Cathy Russell) 4-2 hr lectures each Tues 6-8 pm-Jan 17-Feb 7-\$225 pp Members & Non. Get rid of holiday excess with this simple, month-long, guided group cleanse. Release weight, gain energy and learn some clean and simple recipes to include in your everyday meals. This is a safe and gentle food-based cleanse (no expensive supplements), perfect for those new to the detoxification process. Classes include lecture, demo & simple food prep.			
4:30-5:15 pm (Pre-reg is necessary for these classes)	Cross Training (Shawn)			Hot Yoga (Lee)	Cross Training (Shawn)							
6:15-7:00 pm	Cross Training (Shawn)	Hip-Hop 6-8 yrs (Aly)	GENTLE CLEANSE 6-8 pm (Cathy)	6-6:45 Teen Hot Yoga (Shelby)								
7:00-7:45 pm (unless stated)	Pump It (Shawn)	Hip-Hop 9-12 yr (Aly)	Cross Training (Shelby)	Zumbatonic 7-12 yrs 40 mins (Soraya) No class Feb 14	Kickboxing (Shawn)		Cross Training (Shawn)					
8:00-9:00 pm (unless stated)	THE ANSWER NUTRITION SUPPORT (Drop In-Lee)	Hot Yoga (Mimi)		Zumba (Soraya) No class Feb 14	Sets (Shawn)			Hot Yoga (Mimi)				

EVENTS:
WWW-Thurs Jan 12-6-9 pm-Family Health Chiropractic & Revive Fitness
Presents: Women, Wine & Wellness. Join us for an evening of mingling &
enjoying wellness, fitness & talks over a glass of wine at Glen Eagle.
\$25/ticket or 2 tickets/\$40. Net proceeds: Family Transition Place.

TUBING DAY-Sun Feb 26-Back by popular demand we will return to
Hockley Valley Resort for tubing. For the day. \$15pp paid for at Hockley
includes full day tubing and unlimited pasta dinner. Fun for everyone!

FAMILY DAY-Mon Feb 20-Reduced Schedule **Family Fitness 7+ yrs** 9
am/7 pm & **Hot Yoga** 8 pm. \$5/person (FREE to Members). Sign up.

GETTING STARTED

Don't wait another day, book your

FREE COMPLIMENTARY ASSESSMENT or try a class for FREE!

NEW to REVIVE FITNESS? WELCOME!

Our GETTING STARTED PACKAGES are a 1 time package structured to ensure you start strong, getting the support and accountability you need to reach your goals. Studies show that 75% of people who exercise on their own are not getting the results they want. Out of the 25% of people who are getting results, 90% of them are working with a Personal Trainer. Those who achieve and maintain results have a personal coach who is overseeing their progress. Think about it: if you want your son/daughter or even yourself to be successful at achieving goals, you hire a coach, tutor or anyone that will ensure getting results. This is what we do. We don't want our clients to be amongst the drop-out statistics above and do things differently. At Revive Fitness we won't just sell you a membership. We differentiate ourselves from the big fitness clubs by actually striving to help our clients use their membership and reach their goals.

We follow a Holistic Fitness approach, everything is included:

FITNESS (all group training classes), **NUTRITION** (receive our e-book Results Manual) &

WELLNESS (Hot Yoga/Flex & Spin, Sculpt & Stretch).

GETTING STARTED ...

BOOK YOUR COMPLIMENTARY ASSESSMENT & CHOOSE the PACKAGE that is best for you!

Complimentary Assessment (NO charge, NO commitment)

We personally meet with you & review your current Lifestyle Habits (stress & coping strategies), Nutritional Needs (prescribe Clean Eating regimen) & Fitness Analysis (develop a plan based on Fitness Goals & Body Fat/Lean weight).

Choose: The **"GETTING STARTED PACKAGE"** that's right for you:

Group Training ONLY - \$29

(1 week of Unlimited Group Training)

Personal Training ONLY - \$39

(1-½ hr Personal Training Session)

REVIVE PKG (Best Value) - \$99

(3-½ hr Personal Training Sessions & 1 week of Unlimited Group Training)

Follow Up Assessment booked to review your outstanding results!

After completing the GETTING STARTED PACKAGE,

join for a 1 yr GROUP TRAINING MEMBERSHIP for only \$120/mth (HST included).

It's like hiring a personal trainer for a year!

Can you imagine the results you'll attain after 1 year?!

(\$120/mth is based on a 1 yr commitment. See middle panel for all Options).

WAIVE THE REGISTRATION FEE

All clients pay an Administration Fee of \$99 for the 1 yr Membership which may be waived if you choose to join during your Complimentary Follow Up Assessment or one month prior to your Membership Renewal. It is a one-time fee that you never have to pay again as long as you maintain your contract with us.

Try a CLASS for FREE! (Pre-booking required)

NO time for the COMPLIMENTARY ASSESSMENT right off the start?

That's okay, TRY a CLASS for FREE & then BOOK your ASSESSMENT.

MEMBERSHIPS-PASSES-PRIVATE

ADULT 1 YEAR MEMBERSHIP Financed for 12 months (post dated cheques/credit card) \$120/mth (\$99 registration fee applied to 1st month unless joining within 7 days of renewal /trial). Discounts for 1 year available: SAVE \$200 for referral of a friend & 1/2 off additional 1 yr membership (\$60/mth) for spouse or sibling. *10 YEAR SPECIAL \$99/mth Financed 1 yr. Ends Jan 31/12.

TERM MEMBERSHIP 3 mth \$500 6 mth \$800 Paid in full upon registering-Financing only available for 1 yr term.

TEEN/STUDENT MEMBERSHIPS 13 yrs +

Sign up a teen to participate in Group Training for \$80/month for a 1 Year commitment. Which entitles them to any class on the front schedule.

PASSES Passes may be used for any Class On The Front Schedule in Black. Passes expire after 3 mths, are non-refundable/ transferable. Family Pass may be purchased for 2 or more living in same household.

1 Pass	\$20
5 Passes	\$80
10 Passes	\$150 (\$99+HST until Jan 31/12)
20 Passes	\$275
40 Passes (Family)	\$500

PRIVATE TRAINING NOTE: 48 hr Cancellation Policy in effect.

One-to-One:

Number of Sessions	Cost per Session	Savings per Session	Cost per Package
1-5	\$75	N/A	\$75 x #
6-10	\$72	\$3	\$72 x #
11-15	\$70	\$5	\$70 x #
16-20	\$67	\$8	\$67 x #
21-35	\$65	\$10	\$65 x #
36-50	\$62	\$12	\$62 x #

SEMI PRIVATE PARTNER:

Number of Sessions	Cost per Session	Cost per Package
6	\$90/session (\$45/person)	\$540 (\$270/person)
12	\$88/session (\$44/person)	\$1056 (\$528/person)
20	\$84/session (\$42/person)	\$1680 (\$840/person)
36	\$80/session (\$40/person)	\$2880 (\$1440/person)
50	\$78/session (\$39/person)	\$3900 (\$1950/person)

KIDS & TEENS

KIDS & TEENS MARCH BREAK PROGRAMS

Revive prides itself in promoting fitness in a variety of ways. Take a look at our March Break Programs for the break March 12-15.

COST: \$50/child for all 4 days or \$20/day (no drop in/pre-reg)

AGES 6-9 yrs 9-11 am

FITNESS routines to encourage: running, jumping, hopping and playing. Weights are not used in this program. Fun obstacles and move your body games are promoted!

AGES 10-15 yrs 1-3 pm

FITNESS training encouraging our popular Cross Training approach. There is something for everyone. We teach proper weight training technique for strength using Kettlebell, Free Weights, bars and more. This along with Cardio Conditioning flipping tires, running, jumping blocks and then Hot Yoga for overall stretching and flexibility.

NOTE: If you don't see the days and times that suit you on our Schedule or you would prefer Private Training for your group or team, create your own. Ask us for details as we may be able to create a Small Group or Team Training program for you.

SMALL GROUP:

Based on 10 sessions: 3-1 \$45/session, 4-1 \$40/session, 5-1 \$35/session & 6 or more \$30/session.

TEAM TRAINING:

Team training come to us or we can come to you. We are flexible. \$150/hr/session with 15 or more participants
*In-home /Off site Training also available for additional \$15/session.

For 10 years, Revive Fitness has strived to be like no other. This is not a gym, it is a training and wellness centre in which "Making Fitness Personal" is our motto. Whether you choose Private, Semi-Private or Group Training, each session is designed by a trainer to suit the participant(s). The Group Training Schedule offers training sessions, not aerobic classes. Workouts are changed weekly or bi-weekly to prevent training plateaus and boredom—most importantly to get RESULTS!
TRAINING NOW OFFERED IN: Caledon East & Palgrave. Ask for details.



Making Fitness Personal
Revive
FITNESS
TRAINING & WELLNESS CENTRE

Photo by www.lisacrispo.ca