



# Class Descriptions



**Boot Camp:** Total body workout, where cardio, strength and core are all built through calisthenics, resistance training and interval work. All fitness Levels welcome.



**Yoga:** Yoga is a practice that links postures in a way that promotes a flow of energy. A group of postures may be linked together building on top of each other to create a deeper, fuller experience. This practice is energizing and creative so that no 2 practices are alike although the same fundamental poses will be present. Beginner to advanced levels welcome. Participants must bring their own yoga mat.

# Class Pass Options and Registration



## Unlimited 4 Week Pass (\$50.00+gst)

Access any scheduled class as many times as you want during the 4 week period that the Pass is valid for. There are guaranteed to be 4 weeks in each month that the Pass is valid for. After the expiration date, the pass is no longer useable. Members then can purchase the next 4 Week pass.



## 4 Class Pass (\$40.00+gst)

With this pass, members can attend 4 group exercise classes on the schedule. No expiry date. Valid for any class. After the 4 passes are used up the pass is no longer useable.



## Single Class Pass (\$12.00+gst)

With this pass, members can attend 1 group exercise class on the schedule. No expiry date. Valid for any class. After the pass is used up the pass is no longer useable.

### How to Purchase Passes and Register for Classes

1. Sign in to the member portal. Link is on the first page. Login with email address and password.
2. Select the **STORE** tab to find the pass options. Select a pass and follow prompts to purchase using a credit card. Once purchased, the pass will appear on member account.
3. After purchasing, go to the **BOOK NOW** tab to find the weekly class schedule. Select the class you would like to book a spot for and select book now. You are set! Please cancel if you can no longer attend class, as space is limited and others may be on the waitlist.