



CLASSES IN

CARDIO KICKBOXING,

JUDO

TAI-CHI

YOGA

PERSONAL TRAINING

WE ARE LOOKING TO ADD OTHER
CLASSES

We welcome you

Please feel free to contact us if you have any questions

705-728-0624

110 Anne St South unit # 9

www.allroundhealthandfitness.ca

ALL OUR CLASSES ARE FREE TO TRY OUT

So please give us a call if you are interested.

Ask for Bill Shoup

Rates & Memberships

Personal Training one on one: \$45 per hour + gst & up. Per hour cost will depend on location (i.e. at your home, outdoors or at the club) and personal training requirements. Nutritional and diet counselling are also available.

Personal training two to four or a group: Can be from \$97.50 to \$200 per class + gst
Get a group of you to workout together.

Judo GST included

- 1 Month – Kids - 7 to 10 years old - \$70.00 a Month
- 1 Month – Pre-Teens – 11 to 14 years old - \$80 a month
- 1 Month - Adults – 15 years & up - \$95.00 a Month

Additional Cost for Judo: GST included

Black Book Stamp: Adult's - \$95.00 per year...Teens - \$70.00 per year...
Children - \$60.00 per year (Sept to Aug)
Judo Uniform: Range from \$50.00 and up.

Tai-Chi, GST included

\$75 a month for all classes

kickboxing: GST included

\$75.00 a month

Yoga

\$120 for 12 Weeks

Drop ins \$15 per class

Use of the Exercise equipment at night: GST included \$20 a month...Free to members

The Hurricane: Ask us about the most incredible workout.

Family Rates: Register two family members and the third family member is **FREE**, register four family members and the fifth family member is **FREE** and so on. This is inclusive of all family members – Mother, Father, Brother, Sister, Children and Grandchildren.

Ask us for details

110 Anne St S unit # 9
Call Now.....(705) 728-0624

(Ask us about our gift certificates)

Prices, times & classes may change, ask for details