



## CLASSES IN

JUDO      TAI-CHI      KRAV MAGA

\*PERSONAL TRAINING\*

&

“THE HURRICANE”

This class covers Cardio Kickboxing – Pilates – Power Yoga – Weights –  
Bands – Plyometrics

Every class is different with different instructors 5 days a week.

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

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 + HST & 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 \$200.00 per class + HST. Get a group of you to work out together.

### **Judo**

1 Month – Kids - 6 to 10 years old - \$70.00 a Month

1 Month – Pre-Teens – 11 to 15 or still in High school - \$80 a month

1 Month - Adults – 16 years or out of High school & up - \$95 a Month

#### **Additional Cost for Judo:**

Judo Ontario Black Book Stamp: Judo Ontario year runs from (Sept to Aug)

Range from \$25 to \$100 per year. Judo Uniform: Range from \$60.00 and up.

**Tai-Chi:** \$75.00 a month...\$15 drop in per class

### **The Hurricane:**

Ask us about the most incredible Category 5 or Category 3 Hurricane workout.

Two options: \$95 a month for 5 days a week or \$75 a month for 3 days a week.

\$15 drop in per class

**Boot camp:** \$100 per 12 sessions ... or \$15 per drop in

**Krav Maga:** Self-Defence & exercise class all rolled into one. \$75 a month

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

**Family Rates:** Register two family members and the third family member is **50% off**, register four family members is **50% off** and the fifth family member is **FREE**. 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