

## MEMBERSHIP INFORMATION

### MEMBERSHIP DEFINITIONS

- Adult - 18 years and older
- Couple - Partner or same household resident
- Senior - 65 years and older
- Student - Includes university & college students
- Family - Same household residents

### MEMBERSHIP FEES

# of months	Rate per month	Total cost	Couple Rate	Seniors Students
1	\$55.00	\$55.00	\$96.25	\$46.75
2	\$55.00	\$110.00	\$192.50	\$93.50
3	\$55.00	\$165.00	\$288.75	\$140.25
4	\$47.00	\$188.00	\$329.00	\$159.80
5	\$47.00	\$235.00	\$411.25	\$199.75
6	\$47.00	\$282.00	\$493.50	\$239.70
7	\$42.00	\$294.00	\$514.50	\$249.90
8	\$42.00	\$336.00	\$588.00	\$285.60
9	\$42.00	\$378.00	\$661.50	\$321.30
10	\$35.00	\$350.00	\$612.50	\$297.50
11	\$35.00	\$385.00	\$673.75	\$327.25
12	\$35.00	\$420.00	\$735.00	\$357.00

- Note: Add \$20.00 for payment plan option on any package three months or longer.
- Prices listed above do not include GST.

## PASSES AND OTHER SERVICES

### SESSIONAL PASSES

- 5 SESSIONS \$40.00
- 10 SESSIONS \$70.00
- 20 SESSIONS \$130.00

Drop In \$ 9.52

HOLD MEMBERSHIP FEE (4 mo. max.) \$15.00

EXERCISE COUNSELING (per session) \$45.00

PERSONAL TRAINING (per hour) \$45.00

LOCKER RENTAL AVAILABLE - ASK AT DESK

- ADD 5% G.S.T. TO ALL LISTED PRICES
- DEDUCT 5% ON ALL RENEWALS (ON/BEFORE EXPIRY)

### REDUCED CORPORATE, GROUP AND TEAM RATES.

**FAMILY RATE: ADD \$100/PERSON FOR ONE YEAR MEMBERSHIP; \$60/PERSON FOR 6 MONTH MEMBERSHIP TO COUPLE RATE.**

### PROGRAM INFORMATION

- X Group exercise classes are led by accredited Manitoba Fitness Council instructors
- X Individual programs are offered for those participants who prefer to exercise on their own.
- X All new members are offered an orientation to the weight training equipment. Personalized exercise programs are available upon request.
- X See Front Desk for additional program

## BOZE'S 2008-09 HOURS

(Effective September 13, 2008)

**MONDAY/WEDNESDAY**  
6:30 AM - 9:00 PM

**TUESDAY/THURSDAY**  
11:00 AM - 9:00 PM

**FRIDAY**  
6:30 AM - 8:00 PM

**SATURDAY**  
10:00 AM - 2:00 PM

**SUNDAY**  
1:00 PM - 4:00 PM

**Boze's is closed on all statutory holidays.**

Boze's operates on a Spring/Summer (mid-May to September) and Fall/Winter schedule. Please check master schedule for details.

## 2008-09 GROUP FITNESS CLASS SCHEDULE

(Effective September 8, 2008)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45 am*	BASIC TRAINING*		BASIC TRAINING*		BASIC TRAINING*
6:45 am*	BASIC TRAINING*		BASIC TRAINING*		BASIC TRAINING*
12:10 pm	BOSU BOOT CAMP		CORE STRETCH & STRENGTH		BOSU BOOT CAMP
5:15 pm		BOOT CAMP	EXTREME BOOT CAMP	BOOT CAMP	

### CLASS DESCRIPTIONS

#### OPEN/DROP IN CLASSES (No pre-registration required – all members may attend)

##### **BOOT CAMP**

Combine interval-style bench step movements with light resistance/high repetition muscle training and you have BOOT CAMP. BOOT CAMP is designed to train your cardiovascular system and develop muscular endurance in the same workout and is appropriate for beginners to experienced fitness buffs – as the participant controls the level of intensity. Prepare to sweat at BOOT CAMP.

##### **CORE STRETCH & STRENGTH**

Strengthen core muscles to improve posture and stretch for relaxation and stress reduction. This class combines the best of our core exercises and an invigorating, focused stretching component to give you a new perspective on the important balance between “stretch and strength”. (Core Stretch evening classes focus on the “how-to” aspects of core conditioning)

##### **BOSU BOOT CAMP**

A fun, fast-paced class using BOSU trainers, steps and weights for a total body workout – all in 35 minutes. It's not too complex and designed to provide a balanced workout of strength and cardio training. Put your noon-hour to good use at BOSU BOOT CAMP.

##### **EXTREME BOOT CAMP**

Take the best of BOOT CAMP add some intensity and you get EXTREME BOOT CAMP. It's a class designed to make you work – HARD. This is a special class that will be offered at specific times throughout the year. Challenge yourself with this intense workout. Watch master schedule for class dates.

#### SESSION BASED CLASSES (Pre-registration and additional fee required) \*

##### **BASIC TRAINING\***

Basic Training is an instructor-guided training program for women. The focus is on strength and cardiovascular training. Workouts will focus on major muscle group exercises for the upper and lower body and will include some drill-based cardiovascular activities. Workouts include use of barbells and dumbbells, BOSU and BOSU Ballast balls, stability balls, medicine balls and bench steps. (Class size limited to 16 participants).

NOTE: Other sessions of BASIC TRAINING may be added to program schedule over the course of the season. Please check Master Schedule for new classes.