

## 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  
\* (MVSD Students pay \$20.00/month)
- Family - Same household residents

### MEMBERSHIP FEES

	Adult Rate/ Month	Total	Couple	Seniors & Students	Senior & Students Couple
1	\$55.00	\$55.00	\$96.25	\$46.75 <b>\$20.00*</b>	\$81.81
2	\$55.00	\$110.00	\$192.50	\$93.50	\$163.63
3	\$55.00	\$165.00	\$288.75	\$140.25	\$245.44
4	\$47.00	\$188.00	\$329.00	\$159.80	\$279.65
5	\$47.00	\$235.00	\$411.25	\$199.75	\$349.56
6	\$47.00	\$282.00	\$493.50	\$239.70	\$419.48
7	\$42.00	\$294.00	\$514.50	\$249.90	\$437.33
8	\$42.00	\$336.00	\$588.00	\$285.60	\$499.80
9	\$42.00	\$378.00	\$661.50	\$321.30	\$562.28
		BEST DEAL	BEST DEAL	BEST DEAL	BEST DEAL
10	\$35.00	\$350.00	\$612.50	\$297.50	\$520.63
11	\$35.00	\$385.00	\$673.75	\$327.25	\$572.69
12	\$35.00	\$420.00	\$735.00	\$357.00	\$624.75

- Note: Add \$20.00 for payment plan option on any package three months or longer.
- Student and Senior couples rates available also.
- 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

- Group exercise classes are led by provincially accredited (Manitoba Fitness Council) leaders and provide safe and up-to-date workouts.
- Individual programs are offered for those participants who prefer to exercise on their own.
- All new members are offered an orientation to the weight training equipment. Personalized exercise programs are available upon request.
- See Front Desk for additional program information.

**BODIES**  
*by Boze*

Your complete Active Living Centre

36-2<sup>nd</sup> Ave SW  
Dauphin, MB R7N 1S3  
(204) 638-9604  
www.bozesbodyshop.com

## BOZE'S 2012 HOURS

(Effective January 3, 2012)  
**MONDAY/WEDNESDAY**  
6:00 AM - 9:00 PM

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

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

**SATURDAY**  
11:00 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.

## 2012 GROUP FITNESS CLASS SCHEDULE

(Effective February 7, 2012)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 am	BASIC TRAINING	ZUMBA®	BASIC TRAINING	ZUMBA®	BASIC TRAINING
12:10 pm	EXPRESS CARDIO	EXPRESS BOOT CAMP	EXPRESS CARDIO	EXPRESS BOOT CAMP	
5:15 pm		MusclePUMP		MusclePUMP	

### CLASS DESCRIPTIONS

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

#### **EXPRESS CARDIO**

A fun, fast-paced 35-minute “Aerobic cardio-based” class. Simple movements (sometimes using bench steps) designed to provide an up-tempo workout focusing on cardio training. Put your noon-hour to good use by getting a good sweat going at EXPRESS CARDIO.

#### **EXPRESS BOOT CAMP**

Get a great muscular strength and endurance workout to tempo! EXPRESS BOOT CAMP classes include conditioning based movements that target both the upper and lower body – and give you a cardio benefit as well. Classes may be interval or circuit based and will use much of the equipment in the Cardio Room including barbells and dumbbells, tubes, steps, BOSU and stability balls. Get a great overall workout by participating in EXPRESS BOOT CAMP.

#### **ZUMBA®**

The Zumba® workout provides long-term fitness benefits through exhilarating, high calorie-burning fitness classes and its simple Latin and international dance moves increase the fun factor. The routines feature fast and slow rhythms which, when combined, successfully tone and sculpt the body while burning fat. Class will be taught by Zumba® Instructor Patti Beaudin.

#### **MusclePUMP**

Get a great strength and endurance workout in this new class at Boze’s. MusclePUMP is a class designed to work the major muscle groups in a fast-paced workout format using barbell routines set to music. Find muscles you never thought you had in this invigorating workout. Class size limited to 10 participants.

***SESSION BASED CLASSES (Pre-registration 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, bench steps and TRX suspension trainers. (Class size limited to 16 participants).