

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

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

BOZE'S 2010 HOURS

(Effective January 1, 2010)

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

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

FRIDAY
6:00 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.

2010 GROUP FITNESS CLASS SCHEDULE

(Effective January 1, 2010)

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		FITNESS INTERVAL TRAINING(FIT)		FITNESS INTERVAL TRAINING(FIT)	

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.

FITNESS INTERVAL TRAINING (FIT)

This Co-ed training program is aimed at improving cardiovascular conditioning, strength and endurance. Classes may include use of benches, BOSU trainers, bands, bars, dumbbells... if the equipment is in the room we'll likely be using it. Classes will include cardiovascular and strength/endurance intervals. Beginners are welcome - as the classes are designed to allow participants to select the appropriate level of intensity.

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.