

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 2010-11 HOURS

(Effective September 19, 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.

2010-11 GROUP FITNESS CLASS SCHEDULE

(Effective September 19, 2010)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 am*	TRX BASIC*		TRX BASIC*		TRX BASIC*
6:45 am*	BASIC TRAINING*		BASIC TRAINING*		BASIC TRAINING*
12:10 pm	CARDIO FLEX		CORE STRETCH & STRENGTH		CARDIO FLEX
5:15 pm		FITNESS INTERVAL TRAINING(FIT)		FITNESS INTERVAL TRAINING(FIT)	
6:30 pm*		TRX BASIC*		TRX BASIC*	

CLASS DESCRIPTIONS

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

FITNESS INTERVAL TRAINING (FIT) (September)

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.

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".

CARDIO FLEX

This 35 minute Noon Hour program combines Cardio sequences (may include steps and/or BOSU trainers) with muscular conditioning "intervals" to give you a great overall body workout. Classes start on time to get you out and back to work.

NOON classes "flip" M/F and W each month. Watch master schedule for 2x/week classes.

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

BASIC TRAINING* (\$80 plus GST for non-members per session; \$25 plus GST for members per session)

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).

TRX BASIC * (\$48 plus GST for non-members per 12-class session; \$14 plus GST for members per 12-class session)

Participate in TRX Suspension Training classes - the hottest new workout around. Classes are 35 minutes in length and incorporate TRX suspension straps to give you a total body workout using your own body weight as resistance. Classes are offered in 12 class sessions. Please check master schedule for start dates of next session(s). (Class size limited to 11 participants)

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