

LATION FITNESS/TONI BLAY

ADULT SMALL GROUP Conditioning Schedule and Training rate sheet

JULY, AUGUST - 2010

Class Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	CYC STRENGTH (30 min cycle, 30 min strength) TONI		FUSION (Combo stretch, strength, athletic recovery, core) TONI		CYC TO THE CORE (30 min cycle, 30 min core conditioning) TONI		
7:05am	30 MIN BODY BLAST (30 min full body circuit) TONI		30 MIN BODY BLAST (30 min full body circuit) TONI		30 MIN BODY BLAST (30 min full body circuit) TONI	9:00am CYC STRENGTH (30 min cycle, 30 min strength) TONI	
9:30am		RUNSION (30 min run/30 min fusion)		RUNSION (30 min run/30 min fusion)			
7:00pm	CYC TO THE CORE (30 min cycle, 30 min core conditioning) TONI	CYC STRENGTH (30 min cycle, 30 min strength) TONI	7:00pm TEEN SPIN (30 Mins) Toni	CYC TO THE CORE (30 min cycle, 30 min core conditioning) TONI			

Registration begins June 15 for programs beginning July 5/10.

Session Registration and cancellation policy:

Clients are required to purchase a group training session or pass card (1-9 sessions based on single session rate, pass cards in groups of 10, 20 or 30 sessions available at discounted rates. See rate sheet for more details.)

Regular Scheduled Group Sessions:

Sessions are booked through Trainer, in advance of session. Cancellation of scheduled session must be received 24 hours in advance or session will be charged at full rate.

Minimum of 3 participants registered 24 hours prior to session or session will be cancelled.

Highlighted sessions are Crossroads Sports Academy sessions, payable under Crossroads terms and conditions.

GROUP TRAINING SESSION DESCRIPTIONS:

30 MIN BODY BLAST

Designed to schedule fitness into your busy summer day! This is a high intensity cardio and strength circuit program, utilizing various strength and fitness tools formatted with interval training methods. Combine all this with excellent training and you are in for a challenging workout! Come prepared to work and play hard!

FUSION

A strength and flexibility building training session using various methods and poses from dance, Yoga, Pilates, active and passive stretching and strengthening movements. This is an excellent class for improving core strength, specifically designed to increase flexibility through postures and strength through power and core stabilization moves. Suitable for all levels.

CYC TO THE CORE

A combination of 40 minutes of heart pumping cardio training followed by 20 minutes of solid core work. A good introduction to spin for newcomers and a solid core workout that will take you through a variety of core exercise including flexion, extension, rotation and stabilization (perfect addition for cross training for the dedicated cyclist). Please arrive 5 minutes early for bike set up.

CYC STRENGTH

A combination of 30 min of spin and 30 min of strength training for all levels. A good introduction to spin for newcomers and a solid strength training session. We use inspiring music, with motivational and experienced instructors. Please arrive 5 minutes early for bike set up.

RUNSION

A combination of 20-30 minutes of running and/or power walking, followed by 30-50 minutes of fusion training utilizing various methods and poses from Yoga, Pilates, active and passive stretching. This is an excellent session for improving core strength, specifically designed to increase flexibility and joint mobility through postures and active movement. Great for preparing for a 5k run in September! Suitable for all levels.

TRAINING RATES
RATES EFFECTIVE: JANUARY, 2010

<u>OPTION</u>	<u># OF SESSIONS PURCHASED</u>	<u>PRIVATE TRAINING PER SESSION FEES</u>	<u>SEMI-PRIVATE TRAINING (1-4 PEOPLE) FEES PER HOUR PER PERSON</u>	<u>SMALL GROUP TRAINING (Max. 8 people) FEES PER HOUR PER PERSON</u>
½ HR. CONSULT		\$50.00	\$50.00/ea	\$50.00/ea
FIT ASSESS OR NUTRITIONAL ANALYSIS	1.5 HOURS	\$120.00	\$120.00/pers.	\$120.00/pers.
1-9 training HOURS	1-9 hours	\$80.00*	2 People \$45.00ea/hr	\$25.00/ea/hour
PACKAGE A minimum recommended	10+hours	\$75.00*	3 People \$40.00ea/hr.	\$20.00/ea/hour
<u>PACKAGE B</u>	20+hours*	\$70.00*	4 People \$35.00ea/hr	\$18.00/ea/hour
<u>PACKAGE C</u>	30+hours*	\$65.00*	4 People \$30.00ea/hr	\$15.00/ea/hour
<u>PACKAGE D</u>	50+hours*	\$60.00*	4 people \$27.00ea/hr	\$12.00/ea/hour

HST (13%) Additional on all fees. * Monthly financing available on packages of 20 or more hours payable by post dated cheques.

Fitness assessment and testing strongly recommended, prior to first training session. Assessments are 1.5 hours. Client will be assessed for: Weight, Heart Rate, Blood Pressure, Strength, Flexibility, Balance/Stability and Lifestyle. See Lation Management for guidelines prior to booked appointment.

Session cancellation policy:

Private: Private Training sessions are booked through Trainer, based on agreed training schedule.

Cancellation of scheduled session must be received 24 hours in advance or session will be charged at full rate.

Semi-Private or Group:

Registration for group training: Sessions are booked one month in advance, based on the monthly schedule (issued on the first of each month).

Cancellation Semi-private or Group Training:

- 1) Make-up sessions or refunds will not be granted for any missed sessions.
- 2) Rescheduling of any session is permitted only if:
 - a) all registered participants and the Trainer mutually agree to the rescheduled date and time and
 - b) rescheduling must be done at least 24 hours in advance