

LATION FITNESS

SMALL GROUP CONDITIONING SCHEDULE

Training rate sheet (see page 2)

NOV 1-DEC. 22, 2010

Class Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	ADULT BODY CONDITIONING TONI		ACTIVE 3R'S (Release, recover, rejuvenate) TONI		ADULT BODY CONDITIONING TONI		
8:15am						THREE R'S (release, recover, rejuvenate)	
9:15am	ADULT BODY CONDITIONING TONI TBC				ADULT BODY CONDITIONING TONI TBC		
1:00pm	ADULT BODY CONDITIONING TONI		ACTIVE 3R'S (Release, recover, rejuvenate) TONI		ADULT BODY CONDITIONING TONI		
4:30pm		YOUTH CONDITIONING TBC		YOUTH CONDITIONING TBC			
6:00pm							

Registration begins Oct. 18 for programs beginning Nov. 8/10.

Maximum of 6 participants.

Highlighted sessions: to be confirmed based on space availability/participant levels

Session Registration and cancellation policy:

Clients are required to purchase a group training session or pass card (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.

Make-up sessions or refunds will not be granted for any missed sessions.

Minimum of 3 participants required for a session to run.

ADULT BODY CONDITIONING:

This is an interval circuit training workshop designed to build full body conditioning - incorporating cardio conditioning, strength, balance and core power in all planes of movement. Functional, integrated movements are combined with various fitness tools to help you build a smarter body ready for life or for sport. This is an efficient workout designed to inspire you to new fitness levels - whether you are a newcomer to fitness or preparing for your next athletic challenge. All fitness levels welcome. Max. 6 participants per session.

YOUTH BODY CONDITIONING:

A teen version of our adult body conditioning program designed specifically for 13-18 year old students looking to improvement their functional ability for sport, life and movement. Max. 6 participants per session.

THREE R'S:

Essential recovery comes not just from stretching after each exercise. Your muscles and connective tissue require special attention to rejuvenate and support your activities. This session will help you release muscle tension, improve joint mobility and repair fascia adhesions. Featuring special tools from Trigger Point Performance Therapy™, you will learn self-myofascial release techniques, self massage methods and joint mobility movements. This session is designed to help your body recover, increase functional range of motion, improve muscle pliability, decrease muscle soreness and enhance your body's flexibility.

TRAINING RATES
RATES EFFECTIVE: SEPTEMBER, 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. 6 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 \$50.00ea/hr	\$22.00/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	\$19.00/ea/hour
<u>PACKAGE C</u>	30+hours*	\$65.00*	4 People \$30.00ea/hr	\$17.00/ea/hour
<u>PACKAGE D</u>	50+hours*	\$60.00*	4 people \$27.00ea/hr	\$15.00/ea/hour

Returning Lation clients receive an additional 10% discount on any package. HST Additional on all fees.

* Monthly financing available on packages of 20 or more hours payable by 2 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