

BODY INNOVATIONS

Solutions for Moving Better and Feeling Healthier



Summer Schedule 2010

July 5 to August 30

GUELPH STUDIO

5420 Hwy 6 North • Suite 315

www.bodyinnovations.org

519-716-0578

Monday	Tuesday	Wednesday	Thursday	Friday
10:30 - 11:30 TRX (Sue)	9:15 - 10:15 Yoga / Pilates (Gina)	9:15 - 10:15 TRX (Kelly)	9:30 - 10:30 Mixed Level (Sue)	9:15 - 10:15 Reformer (Sue / Gina)
12:00 - 1:00 High Performance Training (Sue)	10:30 - 11:30 Reformer (Sue / Gina) Starts July 19		10:45 - 11:45 High Performance Training (Sue)	10:30 - 11:30 Reformer (Sue / Gina)
	11:45 - 12:45 Post Natal (Sue)			
	5:45 - 6:45 TRX (Gina)	5:45 - 6:45 Reformer (Sue / Gina)	5:45 - 6:45 Nutrition 101 (Jenn)	
				Saturday AM
7:00 - 8:00 Mixed Level (Sue)	7:00 - 8:00 Nordic Walking (Gina)	7:00 - 8:00 Yoga / Pilates (Gina)	7:00 - 8:00 TRX (Jenn)	9:00 - 10:00 TRX (Kelly / Jenn)
	7:00 - 8:00 Pre Natal (Sue)	7:00 - 8:00 Nutrition 101 (Jenn)		10:15 - 11:15 TRX (Kelly / Jenn)
8:15 - 9:15 Men's Core and Back Conditioning (Sue)		8:15 - 9:15 Mixed Level (Jenn / Gina)	8:15 - 9:15 Reformer (Sue / Gina)	

POLICIES

- Make cheques payable to BODY INNOVATIONS.
- 24-hour cancellation notice required.
- All make ups must be completed within the session. Please schedule in advance.
- Make ups during mini sessions may be made up PRIOR to new session.
- Limited space available for drop-ins. Check with studio prior to the class.
- No credit will be given for missed sessions.
- Combination packages of class and private instruction must be completed in the session they are purchased.
- Private packages purchased separately from class packages expire one year after purchase.
- All class and private training sessions are non-refundable and non-transferable.
- Completion of either the PAR-Q & YOU or PARmed-X Pregnancy and Liability Waiver forms is mandatory and must be submitted before participation in any session.

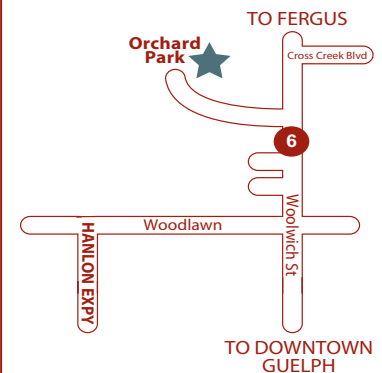
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NEW Reformer Equipment

Two FREE classes for everyone registered for summer sessions.

Starting July 19.

Nutrition 101

Four-week course of 4 one-hour interactive sessions.

Four **Wednesdays** 7:00-8:00 pm ... July 7, 14, 21, 28

Four **Thursdays** 5:45-6:45 pm ... July 8, 15, 22, 29

Week 1: Meals to go: quick and painless

Week 2: Love, hate and addiction:

Our rocky romance with food

Week 3: Feeling fat, hormonal and fertile?

Things every woman (and man!) should know

Week 4: Get inflamed about gut trouble

Package / Private Sessions with SUE

	Price	HST	Total
One private session	\$80.00	\$10.40	\$90.40
Four private sessions (savings of \$16.00)	\$304.00	\$39.52	\$343.52
Eight private sessions (savings of \$77.00)	\$563.00	\$73.19	\$636.19
Twelve private sessions (savings of \$192.00)	\$768.00	\$99.84	\$867.84
Postural assessment and correction	\$380.00	\$49.40	\$429.40

Single classes are pay-as-you-go during summer schedule.

Class price is \$17.00 plus \$2.21 HST = total of \$19.21 per class

Package / Private Sessions / OTHER

	Price	HST	Total
One private session	\$60.00	\$7.80	\$67.80
Four private sessions (savings of \$12.00)	\$228.00	\$29.64	\$257.64
Eight private sessions (savings of \$57.60)	\$422.20	\$54.89	\$477.09
Twelve private sessions (savings of \$144.00)	\$576.00	\$74.88	\$650.88