

The GARAGE

Private Personal Training Studio

Helping you get fit for life...

January – April 2008

(Monthly registration required for each class – Classes will not be held on statutory holidays)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 – 8 am Bootcamp*		7 – 8 am Bootcamp*		7 – 8 am Bootcamp*	10am – Noon Open gym	
7 – 8 pm Bootcamp**	7 – 8:30 pm Yoga	7 – 8 pm Bootcamp**	8 – 10 pm Open Gym	7 – 8 pm Bootcamp**		2 – 5 pm Open Gym

Class Descriptions:

*2009 Fitness Challenge Boot Camp – Feb 2 – Mar 13

Increase strength, cardio ability and agility with this no-nonsense 60-minute workout that incorporates many callisthenic movements and bodyweight exercises and ends with relaxing stretches. Throughout the fall/winter season, the first 40 minutes of the class will be held indoors at Frank West Hall (in Gibsons on Chaster) there will be a short run outdoors followed by 10 minutes of stretching indoors.

This class will begin with a weigh-in and measure at **Romantique** in Lower Gibsons on Sunday, February 1 between noon and 2pm. There will also be a weigh-in/measure at the completion of the class. Class includes complementary t-shirts and water bottles and prize give-aways at a complementary wrap-up breakfast!

Cost: \$220

**2009 Fitness Challenge Boot Camp – work out with Matt Morris of CKAY radio – for CKAY Contestants only – listen to CKAY in the morning for your chance to win a spot in this class.

Body Sculpt - Strengthen, stretch and sweat! (Body Sculpt will not be available for this quarter)

This 60-minute class incorporating resistance bands, stability and bosu balls will give you a balanced workout in the comfort of our private studio. Small class sizes mean you get individual attention and instruction!

Yin Yang Yoga

Yin Yang Yoga combines active postures with relaxing static postures for overall increased flexibility, strength, balance and peace of mind. Beginning with breath work to prepare the body and quiet the mind, we will move through classic yoga postures to get energy flowing throughout your body. Then we will move into quieter postures that naturally reach deeper connective tissues, and encourage ease in the body and patience in the mind. Class length – 75 minutes.

Everyone welcome novice and more experienced yogis. All you need is comfortable clothing that allows a full range of body motion.

Instructor: Tanya Flynn

Cost of Classes (2009 Fitness Challenge Bootcamp excluded):

Please pre-register monthly for 1 or more (of any combination) of classes per week.

1 class/week (4 classes) - \$50/month
 2 classes/week (8 classes) - \$90/month
 3 classes/week (12 classes) - \$120/month

Note: Classes will be held with a minimum registration of 4 – if you would like to attend classes on a drop-in basis we will be happy to email you if we have space. Drop in - \$13/class. If you are unable to attend your pre-registered class please call or email us – if we are able to fill your spot, you will be credited \$10/class on your next months' registration.

Open Gym

Personal training clients (currently training at The Garage for at least 2 sessions/month) are invited to drop in for supervised weight training and/or cardio. Space is limited so please call or email to reserve your spot!

Cost: **FREE** for current Garage Personal Training clients. \$10 Drop-in (must have had at least 1 prior personal training session at The Garage)

537 Veterans Road – Gibsons, B.C.
 To reserve your spot call 604-886-3114 or email the_garage@telus.net
www.the-garage-fitness.com