



Interchange & FLEX YOUR OPTIONS!

Thank Dog! TRX or Box Fit Bootcamps

MONTHLY. SEE FAST RESULTS.

1 month – 8 classes or 2x/week **\$132** (\$16.50/class)

1 month – 12 classes or 3x/wk **\$174** (\$14.50/class)

1 month – 16 classes or 4x/wk **\$200** (\$12.50/class)

The following classes can be used **ANYTIME WITHIN 6 MONTHS**

20 classes – \$300 (\$15/class) **Zumba only - \$170**
(\$8.50/class)

12 classes – \$204 (\$17/class) **Zumba only - \$111**
(\$9.25/class)

5 classes – \$100 (\$20/class) **Zumba only - \$50** (\$10/class)

1 class – \$25 **Zumba \$12**

| Time | Monday Burlington | Tues Burlington | Wednesday Burlington | Thursday Burl/Milton | Friday Burlington |
|---------------|--|------------------|----------------------|-------------------------------|--------------------|
| 12:00 - 12:30 | TRX HIIT Tone Zone | | TRX HIIT Tone Zone | | TRX HIIT Tone Zone |
| 6:00-7:00 | TRX Bootcamp | Box Fit Bootcamp | TRX Bootcamp | TRX Bootcamp | Zumba |
| 8:00-9:00 | | | | Milton TRX Bootcamp | |
| ZUMBA | Tuesday 6:45- 7:45 PM & Thursday 7:15- 8:15 PM | | | | |



2400 Brant St. Burlington within Spa Vitality 1.855.842.6536
821 Main St. E. Milton within the Milton Soccer Centre