

## Mar 28<sup>th</sup>-Apr 3<sup>rd</sup> (free week!)

## Apr 4<sup>th</sup> – May 1<sup>st</sup> (4 week session)

Send your "I AM IN!" email along with your full name to: innerathletes@gmail.com!

I will reply with the registration form and fitness class waiver.

Please return all forms filled and signed along with an e-transfer (don't forget to tell me the password!) and **add your full name to the message on the transfer**, thank you! I will confirm the receiving of your payment via email. YAHOOOO!!!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mar 28 STRONG make up 10:00 am	Mar 29 ZOOMIES make up 6:30 pm	Mar 30	Mar 31 LIFT make up 8:00 am STRONG make up 6:30 pm	Apr 1 LIFT make up 6:15 pm JABS AND ABS make up 7:00 pm	2	3 JABS /ABS 9:00 am just for shits and giggles (hopefully more giggles than shits hahaha!)
4 STRONG 10 am	5	6 LIFT 9:00 am  ZOOMIES 6:30 pm	7	8 ZOOMIES 9:00 am  STRONG 6:30 pm	9	10 ZOOMIES 9:00 am
11 STRONG 10 am	12	13 LIFT 9:00 am  ZOOMIES 6:30 pm	14	15 ZOOMIES 9:00 am  STRONG 6:30 pm	16	17 JABS/ABS 9:00 am LIFT 10:00 am
18 STRONG 10 am	19	20 LIFT 9:00 am  ZOOMIES 6:30 pm	21	22 ZOOMIES 9:00 am  STRONG 6:30 pm	23	24 ZOOMIES 9:00 am
25 STRONG 10 am	26	27 LIFT 9:00 am  ZOOMIES 6:30 pm	28	29 ZOOMIES 9:00 am  STRONG 6:30 pm	30	May 1 JABS/ABS 9:00 am LIFT 10:00 am
2 I AM MOVING!! (need a few days, see you next week! 😊)	3	4	5	6	7	8

**STRONG:** 1 hour of amazing resistance training (dumbbells), warm up and cool down, choreographed to amazing tunes

**ZOOMIES:** 45 minutes of cardiovascular training

**LIFT:** 30-45 minutes of sets and reps style resistance training (dumbbells)

**JABS/ABS:** 30-45 minutes of cardio kickboxing (way more box than kick!) and ab/core work

Best results: combine the resistance and cardio training every week!

HERE IS HOW IT WORKS:

- 1) Get your personal calendar up and ready!
- 2) Have a good look and see how many classes you can fit into your schedule.
- 3) MARK THEM INTO YOUR SCHEDULE LIKE IT IS AN APPOINTMENT, WOMAN.
- 4) Choose the best CLASS PASS for you!

Classes are \$5.00 per, or you can buy the Unlimited class pass for a better deal!

CLASS PASSES:

4 class pass: \$20

6 class pass: \$30

8 class pass: \$40

10 class pass: \$50

12 class pass: \$60

Unlimited class pass: \$75

(BY THE WAY, YOU WILL STILL BE GETTING THE VIDEO LINKS TO STRONG AND ZOOMIES! - EXCLUSIVE TO IA ZOOM TEAM MEMBERS ONLY!)

But what if you can get to more than what you originally paid for? Let's say an evening or a morning opens for you unexpectedly – AWESOME!

Tally up how many more you can get to (you will get the link to every class upon sign up) and then shoot me an extra 5 smackers for each extra class!

We are working on the honour system here, you guys...because, well...you're honourable xoxo

THESE CLASSES ARE CREATED BY ME WITH GREAT CARE AND A WHOLE LOT OF LOVE!

I TAKE YOUR WELL BEING SERIOUSLY AND WANT THE BEST FOR YOU, ALWAYS.

LET'S BUILD OUR STRONG AND FABULOUSNESS TOGETHER – YES YES YES!