

# 6 WEEK SESSION: Dec 29<sup>th</sup> 2020 – Feb 6<sup>th</sup> 2021



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
DEC 27	DEC 28	DEC 29	DEC 30	DEC 31	JAN 1	JAN 2
		<b>ZOOMIES!</b> 6:45 pm (45 mins)	STRONG 9 am (60 min)	STRONG 6:30 pm (60 min)	HAPPY NEW YEAR!! It's going to be a great one!	<b>ZOOMIES!</b> 9 am (45 mins)
3 STRONG 10 AM (60 min)	4	5 <b>ZOOMIES!</b> 6:45 pm (45 mins)	6 STRONG 9 am (60 min)	7 STRONG 6:30 pm (60 min)	8 <b>STRONG</b> make up class 6:30	9 <b>ZOOMIES!</b> 9 am (45 mins)
10 STRONG 10 AM (60 min)	11 <b>STRONG</b> makeup class 9 am (60 min)	12 <b>ZOOMIES!</b> 6:45 pm (45 mins)	13	14 NO CLASS	15	16 NO CLASS
17 STRONG 10 AM (60 min)	18 STRONG 9 am (60 min)	19 <b>ZOOMIES!</b> 6:45 pm (45 mins)	20	21 STRONG 6:30 pm (60 min)	22	23 <b>ZOOMIES!</b> 9 am (45 mins)
24 STRONG 10 AM (60 min)	25 STRONG 9 am (60 min)	26 <b>ZOOMIES!</b> 6:45 pm (45 mins)	27	28 STRONG 6:30 pm (60 min)	29	30 <b>ZOOMIES!</b> 9 am (45 mins)
31 STRONG 10 AM (60 min)	FEB 1 STRONG 9 am (60 min)	2 <b>ZOOMIES!</b> 6:45 pm (45 mins)	3	4 STRONG 6:30 pm (60 min)	5	6 <b>ZOOMIES!</b> 9 am (45 mins)

**ZOOMIES! A CARDIOOOOVASCULAR, INTERVAL TRAINING, AWESOME WORKOUT! (but you can go at your own pace!)**

**STRONG: PURE RESISTANCE TRAINING. IT IS ALL ABOUT THE SQUEEZE WITH THIS CLASS!**

**PUMPING UP THE JAM WITH DUMBBELLS! YES, YOU CAN!**

**ALL CLASSES WILL LIFT YOU UP – feel better about you, life.... everything 😊**

EQUIPMENT NEEDED FOR STRENGTH TRAINING and ZOOMIES:

Set of light weights: 3 or 5 lbs.

Set of heavy weights: 8, 10 or 12 lbs. (depending on level of fitness)

Yoga mat for floor work if desired.

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!

(To save you some time, there are 27 classes to choose from in this session 😊)  
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

DON'T FORGET, THIS IS A MONTH AND A HALF OF CLASSES, NOT A MONTHLY FEE!

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

Okay, let's say you buy the 12 class pass for \$60.00, thinking: "Hey, I can probably get to 2 classes a week on average!"

You can apply those 12 classes anywhere you like on this schedule (doesn't have to be 2 each week. Could be 1 one week, 3 the next, etc....)

I don't need to know which classes you have decided to attend, I will just be ecstatic whenever I see you!

But what if you can get to more than 12? 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!