

June 14th – July 24th (6 week session)

If you are new:
WELCOME!

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 |
|---------|-------------------------------|---------------------------------|-------------------------------|--------------------------------|---------|---------------------------------|
| | June 14 UPPER BODY 9 am | June 15 FULL BODY 6:30pm | June 16 LOWER BODY 9 am | June 17 FULL BODY 6:30pm | June 18 | June 19 FULL BODY 9:30 am |
| June 20 | June 21 UPPER BODY 9 am | June 22 FULL BODY 6:30pm | June 23 LOWER BODY 9 am | June 24 FULL BODY 6:30pm | June 25 | June 26 FULL BODY 9:30 am |
| June 27 | June 28 UPPER BODY 9 am | June 29 FULL BODY 6:30pm | June 30 LOWER BODY 9 am | July 1 FULL BODY 6:30pm | July 2 | July 3 FULL BODY 9:30 am |
| July 4 | July 5 UPPER BODY 9 am | July 6 FULL BODY 6:30 pm | July 7 LOWER BODY 9 am | July 8 FULL BODY 6:30pm | July 9 | July 10 FULL BODY 9:30 am |
| July 11 | July 12 UPPER BODY 9 am | July 13 NO CLASS | July 14 NO CLASS | July 15 NO CLASS | July 16 | July 17 FULL BODY 9:30 am |
| July 18 | July 19 UPPER BODY 9 am | July 20 FULL BODY 6:30 pm | July 21 LOWER BODY 9 am | July 22 FULL BODY 6:30pm | July 23 | July 24 FULL BODY 9:30 am |

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 great deal!

CLASS PASSES (did the math for you!):

4 class pass: \$20

6 class pass: \$30

8 class pass: \$40

10 class pass: \$50

12 class pass: \$60 (2 classes/week for 6 weeks)

Unlimited class pass: \$90 (3 classes/week or more for 6 weeks)

(BY THE WAY, YOU WILL STILL BE GETTING THE VIDEO LINKS TO STRONG - 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!