

May 18th – June 27th (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
	May 17 UPPER BODY 9 am	May 18 STRONG 6:30 pm	May 19 LOWER BODY 9 am	May 20 STRONG 6:30 pm	May 21	May 22 STRONG 9:30 am
May 23	May 24 UPPER BODY 9 am	May 25 STRONG 6:30 pm	May 26 LOWER BODY 9 am	May 27 STRONG 6:30 pm	May 28	May 29 STRONG 9:30 am
May 30	May 31 UPPER BODY 9 am	June 1 STRONG 6:30 pm	June 2 LOWER BODY 9 am	June 3 STRONG 6:30 pm	June 4	June 5 STRONG 9:30 am
June 6	June 7 UPPER BODY 9 am	June 8 STRONG 6:30 pm	June 9 LOWER BODY 9 am	June 10 STRONG 6:30 pm	June 11	June 12 STRONG 9:30 am
June 13	June 14 UPPER BODY 9 am	June 15 STRONG 6:30 pm	June 16 LOWER BODY 9 am	June 17 STRONG 6:30 pm	June 18	June 19 STRONG 9:30 am
June 20 THE INTROSPECTIVE BOOK CLUB 2pm	June 21 UPPER BODY 9 am	June 22 STRONG 6:30 pm	June 24 LOWER BODY 9 am	June 25 STRONG 6:30 pm	June 26	June 27 STRONG 9:30 am

STRONG: 1 hour of amazing full body resistance training choreographed to amazing tunes (sometimes a wee bit of cardio too!)

LOWER BODY: 30 minutes of sets and reps style resistance training focused on lower body and core

UPPER BODY: 30 minutes of sets and reps style resistance training (dumbbells) focused on upper body

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!