

# Heartbreaker Dance and Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>class size limited to the first 25 registered!!!</b>	Full body workouts	Cardio focus	Upper body focus	Lower Body Focus	Instructor Choice	<b>10:00am-10:50am Coed Boot camp</b> Marla HB Members –FREE Drop In \$15.00 \$6.50/class when you sign up for a full session No classes on long weekends  <i>*starts Jan 14<sup>th</sup>, 2012</i>
<b>5:00am-5:50am</b> Commit to Get Fit \$69.00/month Commitment Issues? \$5.55/class when you sign up for a full session (2 months)	<b>Coed-Boot Camp</b> Gail <b>All Levels</b> <b>50 min class</b> <b>4x/week=200minutes</b>	<b>Coed-Boot Camp</b> Gail	<b>Coed-Boot Camp</b> Gail	<b>Coed-Boot Camp</b> Gail		
<b>6:00am-6:40am</b> Commit to Get Fit \$69.00/month Commitment Issues? \$5.55/class when you sign up for a full session( 2 months)	<b>6am Boot Camp</b> <b>All levels</b> <b>40min class</b> <b>5X/week=200minutes</b> Leah/Laura M	<b>6am Boot Camp</b> Leah/Laura M	<b>6am Boot Camp</b> Leah/Laura M	<b>6am Boot Camp</b> Leah/Laura M	<b>6am Boot Camp</b> Leah/Laura M	
<b>9:15am-10:05am</b> Commit to Get Fit \$69.00/month Commitment Issues? \$6.50/class when you sign up for a full session <b>FREE CHILDCARE!</b>	<b>Boot Camp</b> <b>Intermediate/Adv</b> <b>50 min class</b> <b>4x/week=200minutes</b> Marla Class starts Jan 3 <sup>rd</sup> Childcare starts Jan 9 <sup>th</sup>	<b>Boot Camp</b> Marla	<b>Boot Camp</b> Ali	<b>Boot Camp</b> Marla		<b>11:00am-11:45 Zumbatomic!!!!</b> <b>Little Starz Age 4-7</b> \$8.65/class when you sign up for a full session No classes on long weekends <i>*starts Jan 14<sup>th</sup>, 2012</i>
<b>10:15am-11:05pm</b> Commit to Get Fit \$69.00/month Commitment Issues? \$6.50/class when you sign up for a full session <b>FREE CHILDCARE!</b>	<b>Boot Camp</b> <b>Intermediate</b> <b>50 min class</b> <b>4x/week=200minutes</b> Marla Class starts Jan 3 <sup>rd</sup> Childcare starts Jan9	<b>Boot Camp</b> Laura M	<b>Boot Camp</b> Ali	<b>Boot Camp</b> Laura M		<b>12:00pm-12:45pm Zumbatomic!!!!</b> <b>Big starz</b> <b>Age 8-13</b> Jessica \$8.65/class when you sign up for a full session No classes on long weekends <i>*starts Jan 14<sup>th</sup>, 2012</i>
<b>12:10pm-12:50pm</b> Commit to Get Fit \$69.00/month Commitment Issues? \$5.55/class when you sign up for a full session	<b>Ripped</b> <b>All levels</b> <b>40min class</b> <b>5X/week=200minutes</b> Marla	<b>Ripped</b> Marla	<b>Ripped</b> Laura M	<b>Ripped</b> Marla	<b>Ripped</b> Marla/Dana	
<b>4:30pm-5:09pm</b> Commit to Get Fit \$69.00/month Commitment Issues? \$5.55/class when you sign up for a full session	<b>F.I.T.</b> <b>Full Body</b> <b>All levels</b> <b>40min class</b> <b>4X/week=200minutes</b> Laura O	<b>F.I.T.</b> <b>Cardio</b> Laura O	<b>F.I.T.</b> <b>Upper and Abs</b> Laura O	<b>F.I.T.</b> <b>Lower and Abs</b> Laura O	<b>F.I.T.</b> <b>Instructors Choice</b> Laura O	NEW!! Birthday parties for kids of all ages. Check website for details!!! Choose from Rock 'n' Roll Birthday, Classic, and Zumbatomic!

## *Heartbreaker Dance and Fitness*

<b>5:15pm-6:05pm</b> Commit to Get Fit \$69.00/month Commitment Issues? \$6.50/class when you sign up for a full session	<b>Boot Camp</b> <b>All levels</b> <b>50 min class</b> <b>4x/week=200minutes</b> Staci C	<b>Boot Camp</b> Terri Ann	<b>Boot Camp</b> Terri Ann	<b>Boot Camp</b> Staci C		
<b>6:15pm-7:05pm</b> Commit to Get Fit \$69.00/month Commitment Issues? \$8.65/class when you sign up for a full session	<b>Zumba</b> Jessica <b>LIMITED TIME ONLY</b> <b>SALE!</b> <b>\$79.00/month for all</b> <b>3days</b> <b>Must sign up for the</b> <b>two month session</b>	<b>Zumba</b> Jessica		<b>Zumba</b> Jessica		
<b>7:15pm-8:05pm</b> Commit to Get Fit \$69.00/month Commitment Issues? \$6.50/class when you sign up for a full session	<b>Co-ed Boot Camp</b> <b>All levels</b> <b>50 min class</b> <b>4x/week=200minutes</b> TA	<b>Co-ed Boot Camp</b> Ali	<b>Co-ed Boot Camp</b> Ali	<b>Co-ed Boot Camp</b> Ashley		
<b>8:15pm-9:05pm</b> Commit to Get Fit \$69.00/month Commitment Issues? \$6.50/class when you sign up for a full session	<b>Boot Camp</b> <b>All levels</b> <b>50 min class</b> <b>4x/week=200minutes</b> Ali	<b>Boot Camp</b> Ali	<b>Boot Camp</b> Ali	<b>Boot Camp</b> Ali		

### **BIKINI CONTEST May/June 2012 \$399.00**

Call Marla directly at 403-952-6191 Bikini is an exclusive group class limited to 15 ladies per time slot.

Next Bikini Contest May/June 2012. Limited space \$100.00 deposit required to secure your spot! 650am,915am, 515pm, 815pm times available

### **Punch Cards for Energy Studio classes only is \$120.00 for 10 classes + gst.**

Drop in for any class is \$15.00+GST (please note iFlow may have restrictions due to space, you can call Marla ahead 403-952-6191)

Sessions are

Sept/Oct Nov/Dec Jan/Feb Mar/Apr May/June July/August

### **Studio will be closed for these date in 2012**

Monday Feb 20<sup>th</sup> - Family Day

Friday April 6<sup>th</sup> - Good Friday

Monday April 9<sup>th</sup> - Easter Monday

Monday May 21<sup>st</sup> - Victoria day

Monday July 2<sup>nd</sup> - Canada Day

# Heartbreaker Dance and Fitness

## Pricing-Commit to be fit (based on a 10 month commitment)

Choose your time slot. You can go 1-5 days for a full month for only \$69.00/month!

Unlimited Energy Studio workouts any/all classes \$99.00/month

Full studio unlimited access (Energy, Spin, TFL) \$150.00/month

## How to pay

First and last month is up front. 8 postdated cheques will complete your payment. If you choose to terminate your membership, your current and last month is forfeited.

You can pay in full up front for one full year and save the GST!

Refunds are subject to a \$30.00 administration fee and must go through Marla 403-952-6191 or Dana directly.

Credits do not have an admin fee and can be used towards next month only.

## Things to know!!!!

- Please use hand sanitizer before you enter the studio and when you leave. This will help keep germs that cause sickness/colds down to a minimum
- Please bring a sweat towel for your mats, your own sweat is sexy ~ other peoples sweat is icky.
- No outdoor footwear. If you have stepped in pigeon poop or other such things (P.S. if you very much hate the building next door please call Tim Seitz, a MHR Realtor at 403-581-8984 or 528-4222 and let him know what you think of his POS building. I would like to suggest that you do this in a day where someone has really pissed you off, let him have it. It feels good.) and then walk into the studio where we hit the floor and do pushup etc, that's just gross.
- If you haven't noticed-Marla is a bit of a germi-phobe.
- Please DO NOT flush tampons (wrappers or inserts) our plumbing is old with poor water pressure. As women working out, being without a toilet is awful. Running to Tim Horton's halfway through your burpee/jack pyramid is not fun!
- You get discounts on shoes and fitness gear at Intersport in the Medicine Hat Mall. Stand proud and tell them at the till that you are a Heartbreaker then save \$\$\$\$! Same at One Tooth Activewear!
- Please join our Facebook page, all updates and notices will be posted here. Stay in the know!
- Be on our Heartbreaker wall of fame! If you have a fitness story to share, please contact Marla and get your name in lights!!! 403-952-6191
- If you have any complaints regarding the studio, please call Glendon Potts direct 403-555-1234
- Heartbreaker Dance and Fitness is a family. We welcome you all with a smile and a big sweaty hug! Have fun with your fitness journey and know that we are here for you! A sincere thank you from Marla and Dana ~ fitness partners in fun!  
Marla 403-952-6191- Dana 4023-504-8953