



Get the fitness results you want

Participate 2 to 3 times a week in a comprehensive 75-minute program for enhancing your fitness level and overall well-being. You set your goals and we'll help you achieve them in the great outdoors.

NRG2BOOT FITNESS programs

- 6-week program for complete conditioning
- 2 or 3 times a week (based on the school calendar) for \$120 / \$180 respectively (includes Family Fun Fitness Night)
- Convenient times (immediately following school drop-off, and preceding school pick-up)
- 8:45 to 10 am - Monday to Friday
1:15 to 2:30 pm (level 1) - Monday/Wednesday/Friday
Meets in Deep Cove on the corner of Clayton and West Saanich Road
- 1:15 to 2:30 pm - Tuesday/Thursday
Meets in Sidney on the corner of Seventh Street and Henry Avenue
- Led by local qualified trainer Denise Crawshaw and other experienced instructors

Step out today - to change tomorrow

For further information and to make sure you're in the next **NRG2BOOT** program, call or email us. Please include your full name, phone number and email address.

Also available: workplace lunch-hour fitness programs and after-school classes for teachers.

NRG2BOOT FITNESS

Trainer Denise Crawshaw

- BCRPA Personal Trainer
- BCRPA Group Fitness Instructor
- Weight Trainer
- Pilates Instructor

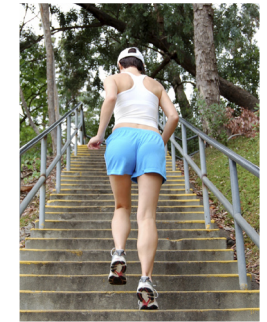
T: 655-8986

E: nrg2boot@shaw.ca

www.nrg2boot.com



If you want change, you need to challenge yourself.



- ALL LEVELS OF FITNESS WELCOMED
- OUTDOOR CLASSES AT LOCAL PARKS
- WEEKLY HEALTH AND WELLNESS THEMES
- FULL BODY WORKOUT
- EXPERIENCED, ENTHUSIASTIC INSTRUCTORS

Family fun fitness

Encourage family fitness by bringing your child to the Family Fun Fitness Night. Through fun and games, you can set a great example by showing your child some of the exercises YOU do at **NRG2BOOT**.

