STROLLER-CISE
Jan. 5-31
Tues & Thurs
11:00am - 12:00pm
Get a solid workout in, skip the daycare, and be sure to bring your baby and a positive attitude! Instructor Kimi Hauser leads her class through a range of exercises while creating a positive environment for parents and their young ones.

SPECIAL RATE
$65.00 for Everyone
$10.00 Drop-In

OLDER ADULT FUNCTIONAL MOVEMENTS
Jan. 9-Mar. 2
Mon & Thurs
2:00pm - 3:00pm
This class is designed for older adults looking to maintain mobility and independence. Classes will consist of functional movements to improve your quality of life.

SPECIAL RATE
$150.00 for Everyone
$10.00 Drop-In

RATES

<table>
<thead>
<tr>
<th></th>
<th>Group Class</th>
<th>Drop In</th>
<th>12 Class Multi Pass</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gym Members</td>
<td>$60</td>
<td>$10</td>
<td>$100</td>
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<tr>
<td>U of A Students</td>
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<td>$10</td>
<td>$100</td>
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<td>U of A Staff</td>
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<td>$10</td>
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<tr>
<td>U of A Alumni</td>
<td>$90</td>
<td>$15</td>
<td>$170</td>
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</tbody>
</table>

*Rates based on 8 classes over 4 weeks.

REFER A FRIEND PROGRAM
Get a friend to sign-up for a class and get 50% off your next class! Get 2 friends and have a full month class on us!

REGISTER
The Augustana Fitness Centre
PH: (780) 679-1577

January Group Fitness Guide

✓ BEDHEAD BOOTCAMP
✓ EVENING BOOTCAMP
✓ STROLLERCISE
✓ AM SPIN CLASS
✓ OLDER ADULT FUNCTIONAL FITNESS
✓ LIFESTYLE ROOKIE CAMP

JANUARY HOURS
Mon-Thurs: 6am-10pm
Fri: 6am-9pm
Sat-Sun: 8am-5pm
BEDHEAD
BOOTCAMP
Jan.4-30; Mon & Wed
6:15-7:15am
Bootcamps are an intense full body workout that will whip you into shape and leave you energized! Our Fitness Instructors incorporate primarily body weight exercises in a challenging way while encouraging participants to push themselves!

EVENING
BOOTCAMP
Jan.4-30; Tues & Thurs
7:30-8:30pm

AM SPIN CLASS
Jan.5-31; Tues & Thurs
6:15-7:15am
Participants experience a mix of sprints, hills and many other drills while tuning into upbeat music to get a great strength and cardio workout in. All fitness levels welcome.

LIFESTYLE
ROOKIE CAMP
Jan.17- Feb.23
Tues & Thurs
5:30-6:30 pm +
6:30-7:30pm (Tues. only)
Living a healthy lifestyle requires the right tools and knowledge. This rookie camp will provide you with everything you need to make healthy change possible. Over 6 weeks, take part in 12 physical activity sessions with a personal trainer, 6 educational sessions led by a Registered Dietitian or Wellness Coach, as well as a 6 week membership to the Fitness Centre!

SPECIAL RATE
$200.00 for Everyone

Group
Personal
Training
Get in shape with friends and split the cost of a personal trainer too! All Personal Trainers are CSEP-Certified and trainers offer customizable programs to meet your needs!

Buddy Program
$90 Per Person Per 3 Hrs

3 Person Training
$75 Per Person Per 3 Hrs