

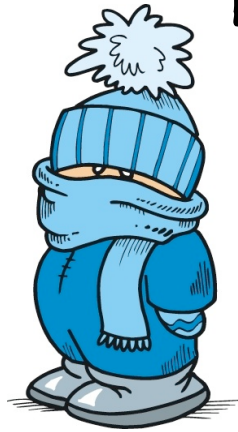
Keep warm this winter!

January 2012 Class Schedule

January 9 - March 26 (12 weeks)

KW Art of Fitness

245 Labrador Drive, Waterloo ON
519-503-3635 info@artoffitness.net



Classes Cancelled Monday February 20, 2012

How do I register online?

1. Go to www.artoffitness.net.
2. Click on the class option you would like to attend.
3. Fill out option for weeks you will be away.
4. Click on submit.
5. You will receive an invoice your first class.

What to do if you will be away during our 12-week session?

When you register online there is space to submit the weeks that you will not be attending class. When those dates are entered, we remove the cost of that class from the invoice that will be emailed to you. For book keeping purposes we ask that you register online by **January 5, 2012** in order for the cost change to be made. Thank you.

What to do if you miss a pre-paid class.

If you are unable to attend a class, you are welcome to make up or reschedule the class by providing at least 12 hours advance notice for the class you need to change. Otherwise charges for the missed class will apply. With the same advanced notice given, and when a make up class is not used, we are happy to refund you up to 2 classes when you enroll for the following session package.

Monday	Tuesday	Wednesday	Thursday	Friday
6 - 7 a.m. Reformer Strength Training Steph	6 - 6:45 a.m. Indoor Cycle Deanna			6 - 6:45 a.m. Indoor Cycle Steph
	7:30 - 8:30 a.m. Macho-lattes Bootcamp Garnet	7 - 8 a.m. Restorative Reformer Steph	7:30 - 8:30 a.m. Macho-lattes Bootcamp Julane	7 - 8 a.m. Yoga Power & Flow PJ
9:30 - 10:30 a.m. Reformer Core Dynamics Steph		9:30 - 10:30 a.m. Mat Apparatus Melody Julane		9:30-10:30 a.m. Triple "S" Boot Camp PJ
12 - 12:45 p.m. Neuro Activity Everyday Living Julane	5:30 - 6:30 p.m. Mat & Apparatus Strength Training Steph			4:30 - 6:00 p.m. Nia 90 Minute Experience Kirstie
7 - 8 p.m. Mat Core Essentials Julane	7 - 8 p.m. Nia Dance Cardio Kirstie	7 - 7:45 p.m. Indoor Cycle Deanna	7 - 8 p.m. Reformer Core Dynamics Julane	
			7 - 8 p.m. Nia Dance Cardio Kirstie	

Check out the discounts built into our price list!

Class Type	One Class/Wk/12 weeks	Discount Two Classes/Wk/12 weeks
Reformer Class:	\$342 (\$28.50 per class)	\$300 (\$25 per class)
Mat/Yoga Class:	\$252 (\$21 per class)	\$234 (\$19.50 per class)
Spin (45 min)/Nia* Class:	\$192 (\$16 per class)	\$168 (\$14 per class)

*Children (16 years old and under) are welcome to join our Nia class for \$12 per class if parent is registered.

6-Week Specialty Classes

January 30 - March 5 2012 (6 weeks)

Neuro Activity for Everyday Living	Mondays 12 - 12:45 p.m.	\$108 (\$18 per class)
Triple "S" Boot Camp	Fridays 9:30 - 10:30 a.m.	\$126 (\$21 per class)
Nia - 90 Minute Experience	Fridays 4:30 - 6:00 p.m.	\$126 (\$21 per class)

