

# SUMMER MAINTENANCE TUMBING & FITNESS CLASSES

Starts July 7<sup>th</sup> & Ends Aug 20<sup>th</sup>

## \*PUNCH CARDS \*

Tumbling Times & Head Teacher			DANCE WITH Ms. Nickeshia		
<b>Tuesdays</b>	4:30-5:30 pm	COACH Sara & Carly	<b>FREE TRIAL</b>	<b>TWO WEEKS ONLY...</b>	
	6:00-7:00 pm	COACH Cloe	<b>Tuesdays</b>	3:30-4:30pm 5:00-6:00pm	Aug 4 <sup>th</sup>
	8:00-9:00 pm	COACH Chelsey &	<b>Wednesdays</b>	4:00-5:00pm 5:00-6:00pm	July 29 <sup>th</sup> and Aug 5 <sup>th</sup>
<b>Wednesdays</b>	5:00-6:00 pm	COACH Denika & Kim	<b>Core &amp; Flex Fitness</b>		
	8:00-9:00 pm	COACH Liz	<b>Tuesdays</b>	5:00-6:00pm	COACH Racheal
<b>Thursdays</b>	5:00-6:00 pm	COACH Chelsey & Sara	<b>Wednesdays</b>	4:00-5:00pm	COACH Racheal
	6:00-7:00 pm	COACH Denika & Kim	<b>Wednesdays</b>	5:00-6:00pm	Jon's Boot Camp

Punch Cards Cost \$50 for a 5 Punch Card & \$75 for 8 classes

- **\*\*2009-10 Registered VAS Competitive & Elite Athletes save 20% (\$40.00 and \$60.00, respectively) + GST!!**
- **Additional Staff will be added to classes that indicate popular, high participation rates**
- **We will try to honor a 1:8 teacher: student ratio but due to the nature of “drop in”, we ask for understanding.**

- ✓ **PRE-PAY FOR YOUR PUNCH CARD**
- ✓ **WE KEEP YOUR PUNCH CARDS AT THE OFFICE**
- ✓ **Punch cards may only be shared between family members**
- ✓ **Any unused portion of a punch card carries no value or credit**