

SPORTS MEDICINE PROGRAMS – September 7 to October 30, 2010

BNL: Burn and Learn



This program is guaranteed to make your body more fit and functional. Training focuses on full body strength, core strength, stability and balance, flexibility and cardio. It is a true metabolism booster including constant movement and training of more than one muscle group at a time. This program will increase your fitness level and prepare you for the demands of life and sport while also educating you on a wide range of tools covered weekly. Visit www.mindtomuscle.ca for more information.

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM						
7:00 AM		BNL		BNL		
8:00 AM						
9:00 AM	BNL		BNL		BNL	Adults
10:00 AM	BNL	BNL	BNL	BNL	BNL	
11:00 AM						
12:00 PM						
4:00 PM		BNL		BNL		
5:00 PM	BNL		BNL		BNL	

Pricing: All prices subject to HST

4x/week= \$12/session

2x/week= \$20/session

Athletic Therapy Clients= \$30/session

3x/week= \$15/session

1x/week= \$22/session

Check your Extended Health Care plan today to see if you have Athletic Therapy coverage.