

Membership Fees

Energized Membership

Unlimited use of cardio & resistance equipment, plus any drop-in exercise class. No initiation fee!

<u>Monthly</u>	\$60
<u>Freedom</u>	\$45
<u>Family</u>	\$110

Massage

Steve

Massage Therapy – ½ hour	\$50
Massage Therapy – 1 hour	\$80

Leanne

Massage Therapy - 1/2 hour	\$40
Massage Therapy – 1 hour	\$65
2 hour Brandon Raynor Meridian Massage	\$120
Massage Multi Packs: 5 or 10's	please ask!

Nutrition Counselling

Nutritional Consult – 1 st meeting	\$35
Nutrition Coach Packages: 5 or 10	please ask!

Training

Personal Training (per session)	\$50 to \$80
Workout Coach: 5 or 10 pass	please ask!
Strength & Flexibility Assessment	\$30

Membership Services

Body Composition	N/C
Orientation (upper/lower programs)	N/C

Drop-In & Other Services

Drop In Rate	\$10
Towel Service	\$2
Unlimited Towel Service (per month)	\$15

Hours of Operation

Monday to Thursday: 6:00 a.m. – 9:00 p.m.

Friday: 6:00 a.m. – 7:00 p.m.

Saturday and Sunday: 9:00 a.m. – 2:00 p.m.

Contact us at 403-933-3549

www.energyshopfitness.ca

**The Energy Shop
Spring 2011
Class Schedule**

Mondays:

9:00am Pilates

11:00am Private Senior's Class

6:00pm Power to the Core

7:30pm ZUMBA! Gold

Tuesdays:

9:00am Cardio to the Core

10:00am Private Senior's Class

5:00pm Strength Yoga

7:00pm Strength Yoga

Wednesdays:

9:00am BLITZ

9:45am Warm Power Yoga

1:00pm Private Seniors Pole Walking

6:00pm Drop-In Training

Thursdays:

9:00am Body Bootcamp

6:00pm TRX

Fridays:

9:00am Drop-In Training

10:00am Healthy Food, Healthy Mind

Drop in Classes Included in Membership

Drop-In Training

Private Senior's Programs

Pre-registered Participants Only

