

July 2017

# The Body Fit Bulletin

For Clients and Friends of Body Fit Health Club

## Personal Training

### Video of the Week

We introduced our Video of the Week last month and the feedback we have received has been fantastic. For those who are not subscribed to our channel, we simply want to share exercise & fitness related information with the Body Fit community. Our group of knowledgeable trainers will be addressing topics such as: frequently asked questions, common fitness industry myths and exercise technique. Check out & subscribe to our YouTube channel where we will be releasing a video every single Wednesday.

**Simply search  
Body Fit Health Club on  
YouTube**



### Body Weight Training With Coach Christina

Come join coach Christina as she demonstrates how to incorporate body weight exercise in to your training program. She will also be showing sample workouts that can be done at home for those who enjoy the at-home workout from time to time. This workshop is free to both members and non-members. Hurry fast as there are only 12 spots available.

**Saturday July 22nd  
9am**

**Sign-up at the front desk today to  
reserve your spot**

### Canada 150 Personal Training Sale

To celebrate Canada's 150th birthday, we are offering amazing deals on our Personal Training Packages.

To kick off our Canada 150 sale, between July 2nd and July 8th, the following package options are available:

4 – ½ Hour Training Sessions	\$150 + tax <i>(Regular \$180)</i>
3 – 1 Hour Training Sessions	\$150 + tax <i>(Regular \$195)</i>
15 Fast Fit Passes	\$150 + tax

We would like to continue the celebration throughout the summer as well. Between July 2nd and August 31st, the following options will also be available:

Buy 6 training sessions at regular price and get 3 more for **40% off regular price**

Buy 8 training sessions at regular price and get 4 more for **50% off regular price**

Buy 12 training sessions at regular price and get 6 more for **60% off regular price**

Buy 16 training sessions at regular price and get 8 more for **75% off regular price**



**CANADA 150  
1867-2017**

# Membership & Club News

## Membership Specials

4 Month Membership \$269 + tax

3 Month Membership \$209 + tax

2 Month Membership \$159 + tax

*All summer membership specials available until Labour Day weekend*

## Member of the Month: Jane Strother

**“Well, the secret’s out now!”** Was the headline on a Facebook post by Jane (yup, she uses Facebook and has the funniest posts!). They are moving this summer. We will miss them and wish them well in their new place!



*Totally sharing this memory of one of the most motivated, lovely and happy ladies I have ever met!! Jane Strother has been attending my "Boomer Booster" Active Aging class since it's inception over 2 years ago. She is 80 years young!!! (Yes you read that right) She meets every challenge with a wonderful sense of humour, strength and grace and has taught me more about life and aging with style than she will ever know. Proud. Humble. Motivated to be the best Trainer I Can Be. ~ Carole Anne*

**All the best to Jane and Gord! A member of Body Fit since 1998**



more awesome pictures at [THEMETAPICTURE.COM](http://THEMETAPICTURE.COM)

## Mark Your Calendar

Mon Aug 7th—Civic Holiday **8am to 4pm**

### Summer Gym Hours

**Monday** 5:30am to 10pm

**Tuesday** 5:30am to 10pm

**Wednesday** 5:30am to 10pm

**Thursday** 5:30am to 10pm

**Friday** 5:30am to 9pm

**Saturday** 8am to 6pm

**Sunday** 8am to 6pm