



Class Times (40 minutes):

Monday Tuesday Wednesday Thursday Friday

Sessions @ 7:00am, 12:00pm & 5:30pm

Saturday

Sessions @ 10:00am & 11:00am

Prices:

Pack	Cost per Class	Expiry	Total (+HST)
Single	\$25	-	\$25
5	\$19.80	1 month	\$99
10	\$14.90	2 months	\$149
20	\$12.95	6 months	\$259
Unlimited	Monthly Class Pass	-	\$149

Sign up today and receive 2 consecutive weeks for only \$25!

**Prices and class times subject to change. Check the web for up-to-date information.

Less Time & Better Results



Bootcamps

Call today to pre-register as classes are limited to 8 persons!

Two (2) Weeks of Classes only \$25

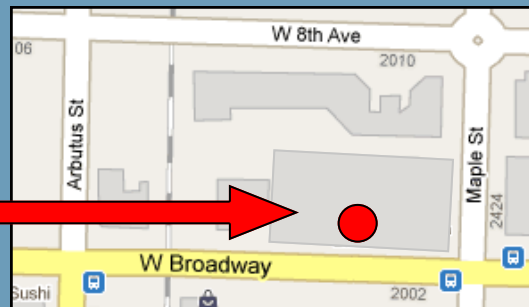
***Call today to book your initial health assessment – required before you attend your first class (only takes 15 minutes)*

Ways to register:

- Call: 604.736.9858
- Email: info@kinesiologists.ca
- Online at: kinesiologists.ca

Our location:

101-2025 West Broadway
 (between Maple & Arbutus)



Add Power to Your:

Fat Loss Efforts * Metabolism * Endurance
 Health & Fitness * Game * Muscles

101-2025 West Broadway

web: kinesiologists.ca
 email: info@kinesiologists.ca

Office: **604.736.9858**

Proudly training others for nearly 20 years!

Power Bootcamp



What is the 'POWER BOOTCAMP'?

Our Power Bootcamps are composed of a series of exercises that will constantly challenge you and your body across a wide range of activities forcing your body to adapt and make the positive changes that you are looking for. Where are just a couple of tools and exercises example of some of the exercises that you can expect to perform:

TRX Spin Bike Rower Battling Rope Kettlebells

Heavy Sled Punching Bag Swiss Balls Body Weight Dumbbells

Bands Medicine Balls Agility Cones and Ladders and much, much more!

Each Power Bootcamp is meticulously put together in order to adhere to the fundamental principles of exercise physiology that have been proven again and again to produce real results. You will only perform exercises that get you closer towards your goal.

Why do I want POWER?

Power is an asset that everyone wants more of in every facet of our lives such as the power to control your day or the power to shed unwanted fat. In regards to our physical selves, some people want to be powerful while others want to look and feel powerful.

Power Bootcamps will increase your power:

Inside the gym:

We will add power to the machine that is your body which will cause it to drop unwanted body fat.

The definition of power of as it pertains to physics is

- work done or energy transferred per unit of time.
- the time rate of doing work.

With passing week our circuits will force your body to do more work in the 40 minute classes which by definitions increases your power. This focus on physical performance will require that your body becomes more efficient my shedding unwanted body fat while adding lean muscle tissue.

Outside the gym:

Power can also be defined as ability to do or act; capability of doing or accomplishing something. (i.e. your goals). Our ultimate goal is to help you achieve your physical goal and we will do this by empowering you not only with the workouts needed to make that happen but with the information and support that you need outside of the gym. Each week you will be provided with educational pieces that are both effective and realistic that will enhance your results.



FAQ's

What if I do yoga? These power circuits are exactly what you need and will provide you with the Yang that you need to complement your Yin.

Why only 40 minutes? Everyone wants more hours in the day so here is at least an extra 20 minutes you can save by doing these classes which don't waste any of your time and effort with useless exercises. And by decreasing the duration of a workout you can increase its intensity which has been shown to boost your metabolism for hours and hours following your workout.

What shape do I need to be in? Each exercise can be modified to accommodate those that are in great shape as well as those that are not in such great shape. The circuits are timed so no one runs the risk of being left behind. Regardless of your fitness level you will receive a challenging workout.

What if I workout on my own? Our circuit classes can either stand alone as a well rounded workout regime when performed as little as two times a week or can complement any current fitness program.

What kind of results can I expect? You can expect more strength, endurance, power, agility and balance coupled with improved posture. The fat loss and/or muscle gain will depend on what you do outside of the gym but we will be there to help you out.

Why do I need an assessment? A quick physical assessment (10-15min) serves to help us help you by identifying and addressing any physical restrictions that might limit you. We also use this time to establish your starting point in regards to your weight, blood pressure, heart rate, body measurements and body fat percentage.

“The BEST instruction in the BEST environment”