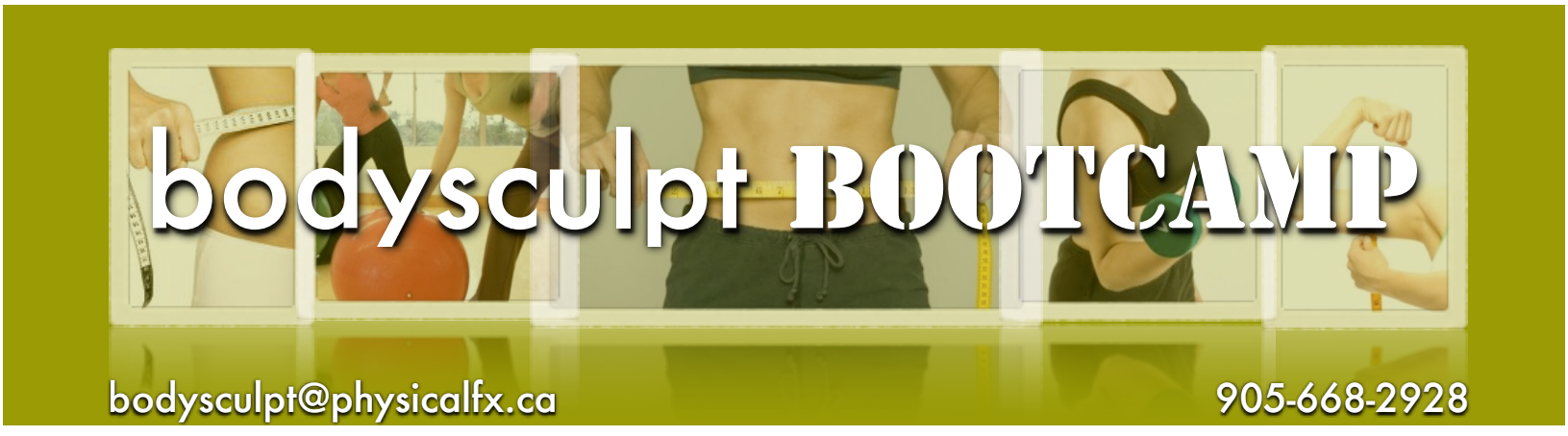

monday	tuesday	wednesday	thursday	friday	saturday	sunday
	Mom & Baby 10:00 -11:00am Whitby		**Mom & Baby** 10:00 -11:00am Whitby		**Bodysculpt Bootcamp** 10:00 -11:00am Brooklin	**Bodysculpt Bootcamp** 10:30 -11:30am Brooklin
	Strollersculpt 10:00 - 11:00am Oshawa APRIL 2008 (outdoor class)		**Strollersculpt** 10:00 - 11:00am Oshawa APRIL 2008 (outdoor class)		**Bodysculpt Bootcamp** 10:00 -11:00am Oshawa APRIL 2008	
	Mom & Baby 1:30 - 2:30pm Brooklin	**Tone & Sculpt** 6:00 - 7:00pm 7:15 - 8:15pm Whitby studio		**Tone & Sculpt** 6:15 - 7:15pm Whitby studio		
Burlesque 101 'Glove Tease' 7:00 - 8:00pm Whitby studio	**Bodysculpt Bootcamp** 6:30 - 7:30pm Oshawa	**Bodysculpt Bootcamp** 6:30 - 7:30pm Brooklin				**Classes run in 4 week sessions**
Bodysculpt Bootcamp 6:30-7:30pm Whitby APRIL 2008		**Bodysculpt Bootcamp** 6:30 - 7:30pm Whitby APRIL 2008				**Call to register!** **905-668-2928**

bodysculpt BOOTCAMP 2008

February 2 to 28
March 1 to 28
April 2 to 30
May 4 to 31
June 1 to 28
July 4 to 31
August 4 to 31
September - 3 to 30
October - 4 to 31
November - TBA
December - TBA

OUTDOOR CLASSES BEGIN - Monday, April 14

Sign-up ASAP to hold your spot for the launch of our popular outdoor classes with a 3 week intro to Bodysculpt Bootcamp & Strollersculpt for only $45.

Classes are an hour long and take place in local Durham Region parks:
Whitby, Brooklin, Oshawa locations
Ajax, Pickering & Bowmanville coming soon!

INDOOR CLASSES:

Whitby - private studio
Tone & Sculpt:
Wednesdays at 6:00pm
Wednesdays at 7:15pm
February 6 to 27
March 5 to 26
April 2 to 23
May -7 to 28
June - TBA
Fridays at 6:15pm
February 8 to 29
March 7 to 28
April 4 to 25
May 9 to 30
June - TBA
Burlesque 101 - Glove Tease
Mondays at 7:00pm
March 10 to 31
April TBA
***Burlesque 102 - TBA**

Oshawa - Grandview P.S
Bodysculpt Bootcamp
Tuesdays at 6:30pm
February 5 - 26
March 4 - 25

Brooklin -Live with Spirit
Wednesdays at 6:30pm
February 6 - 27
March 5 - 26
April - TBA
Saturdays ay 10:00am
February 2 -23
March 1 -22
April - TBA
Sundays at 10:30am
February 3 to 24
March 2 to 23
April - TBA

OUTDOOR CLASSES:

Whitby - Peel Park
Mondays at 6:30pm
April 14 to 28 - $45 for 3 weeks
May 5 to 26
June 2 to 23
July 7 to 28
August 4 to 25
September 8 to 29
October 6 to 27
Wednesdays at 6:30pm
April 16 to 30 - $45 for 3 weeks
May 7 to 28
June 4 to 25
July 9 to 30
August 6 to 27
September 3 to 24
October 8 to 29

Oshawa - Lakeview Park
Tuesdays at 6:30pm
April 15 to 29 - $45 for 3 weeks
May 6 to 27
June 3 to 24
July 8 to 29
August 5 to 26
September 9 to 30
October 7 to 28
Saturdays at 10:00am
April 19 to May 3 - $45 for 3 weeks
May 10 to 31
June 7 to 28
July 5 to 26
August 9 to 30
September 6 to 27
October 4 to 25

-more locations TBA

MOM & BABY CLASSES:

Whitby - Mom & Baby Depot
Tuesdays at 10:00am
February 5 - 26
March 4 - 25
April - TBA
Thursdays at 10:00am
February 7 to 28
March 6 to 27
April - TBA

Brooklin - Live with Spirit
Tuesdays at 1:30pm
February 5 - 26
March 4 - 25
April - TBA

Strollersculpt:
Oshawa - Lakeview Park
Tuesdays at 10:00am
April 15 to 29
May 6 to 27
June 3 to 24
July 8 to 29
August 5 to 26
September - TBA
Thursdays at 10:00am
April 17 to May 1
May 8 to 29
June 5 to 26
July 10 to 31
August 7 to 28
September - TBA

Brooklin - Live with Spirit
Tuesdays at 1:30pm
April 15 to 29
May 6 to 27
June 3 to 24
July 8 to 29
August 5 to 26

Bodysculpt Bootcamp classes are designed & developed to **support, motivate** and **empower** you!
Our classes are taught by certified Bodysculpt Drill Instructors who know that fitness is not one-size-fits-all. We understand how hard it can be to get started and how frustrating it can be spending hour after hour in the gym with little or no results. We've developed a class that is great for ALL levels and sizes. Learn how to build a healthy lifestyle with fitness & nutrition tips that will help you reach your goals. Diet plays a big part in reaching those goals, so we will help you discover the tools you need to succeed and get off the diet roller coaster once and for all. Take an hour out of your week and join us for a fun, motivating & supportive class that will get you moving, give you energy, help you tone & tighten where you need it the most & best of all give you the results you've been looking for.

Get ready to have fun, get fit and see results…Bodysculpt Bootcamp style!

motivate strengthen energize tone results support tighten

Class descriptions:

Bodysculpt Bootcamp:
A total body workout for anyone looking for results. This class is designed to support, encourage and challenge you with a little fun mixed in.
*Classes move outdoors April 2008
Tone & Sculpt:
The name says it all! We tone & sculpt the body with weights, bands, balls, steps and everything else but the kitchen sink. Effective and addictive!
*studio class
Burlesque Booty:
Shake, shimmy, bump & grind. Learn how to bring out your inner vixen and love your curves. Great for all levels.
Instructor: Ava Noir (click for site)
*studio class

Mom & Baby Bodysculpt:
This full body workout will help speed up your post-natal recovery, replenish your energy stores and strengthen and tone those areas that motherhood takes its toll on. And best of all, you get to bring your little one with you.
Bounce Back Bodysculpt:
For busy moms on the go who want to 'bounce back' post baby. Join us in a class designed specifically to help new moms get back into shape and feel better than they ever have.
Strollersculpt – coming in April 2008:
We hit the trails in a fun & effective workout that combines walking with core & resistance training to help give you the energy and strength you need as a mom while you spend time with baby and other moms just like you.

Outfit yourself in Bootcamp gear:
http://www.cafepress.com/bodysculptbc

Rates:

Bodysculpt Bootcamp - $65
Physical Effects Studio classes - $80
Mom & Baby Bodysculpt - $60
Bounce Back - $65
Stroller Sculpt - $60
Drop-in - $20
10 Pass - $185 (must be used within 2 months)
-rates are subject to program length
-rates include gst
-$30 deposit or full payment must be made at time of registration
Payments accepted:
cash / cheque / email transfer
Email transfer:
www.interac.ca
-follow steps to log into your online banking
-enter email recipient: bodysculpt@physicalfx.ca
-enter security question & answer
-receipt will be sent upon completion

Bootcamp Policies:
-missed classes are the responsibility of participant
-classes are *not* interchangeable unless you are attending on a 10 Class Pass card
-Mom & Baby Bodysculpt classes are limited to 12 participants per class
-3 lb, 5 lb hand weights & mat are required for all classes.
(these can be purchased through Physical Effects or at your local fitness store)
-classes run in 4 week sessions and are an hour long.
-join after start date and rate will be prorated
-drop-ins welcome
-class space is limited…sign-up ASAP!
-please download the Bootcamp Policy/Waiver & bring to first class

INSTRUCTORS

Favourite exercise: walking backward lunges
Best healthy snack: Nature's Path granola bars
Food weakness: french fries & whip cream
Inspiration: my clients & all the ladies in class
Favourite moment in class: when someone does something they thought they couldn't ever do
Favourite indulgence: shoes!
Time spent out of class: spending time with my family (husband, dog & cat), traveling & exploring new places, reading & camping

Richelle Morgan - Owner
Bodysculpt Bootcamp developer
Certified Personal Trainer
Nutrition & Wellness Specialist
Pilates Mat II
CPR - Adult & Child

Favourite exercise: the plank
Best healthy snack: baby carrots and spicy hummus (thanks Richelle for getting me hooked!)
Food weakness: chocolate
Inspiration: everyone in class
Favourite moment in class: seeing the excitement when a class member reached their goal
Favourite indulgence: shopping for clothes
Time spent out of class: reading, heading north with my husband & son, playing with my 2 yr old

Teresa Misty Mozejko
Certified Bodysculpt Instructor
Certified Fitness Instructor
CPR

To register or for more info:

bodysculpt@physicalfx.ca 905-668-2928 www.physicalfx.ca