

# ***LIFESTYLE CHALLENGE 2012***

## ***Nanaimo, BC***

Honestly, does your lifestyle need a makeover?

Do you want to **feel better** Overall?

Have you had a hard time staying fit and active?

Are you carrying a few pounds that (you would like to see gone?)

### **When is it?**

Start Date: **January 28<sup>th</sup> 2012**

End Date: **April 21<sup>st</sup> 2012**

**Spring will be here and You're In Great Shape!**

**Early Bird Rate \$170.00 Per Person**

**After December 31st**

**\$220.00 Per Person**

### **YOU RECIEVE**

3 Personal training sessions

2 Health and Nutrition Lectures

One Grocery Shopping Field trip & One Personal Coaching session

Nutritional support with weekly nutritional reporting

Accountability

### **YOUR REWARD**

Health is without a doubt priceless.

Check your waistline: Total Inches lost

Before and after pictures: Which body do you want?

Energy and Vitality: Rate how you feel

### **Registration Form**

\$ 50.00 non-refundable deposit is required upon registration.

Name \_\_\_\_\_

Phone number \_\_\_\_\_

Date \_\_\_\_\_

Deposit or PIF \_\_\_\_\_

# NOVEMBER 2011



# jazzercise®

| SUN   | MON  | TUE   | WED  | THUR  | FRI   | SAT                                 | ANNOUNCEMENTS  |
|---|--|---|--|---|---|-------------------------------------|--|
| <p style="text-align: center;"><b>NOTICE:</b><br/>DEPARTURE BAY<br/>CLASSES WILL<br/>END NOVEMBER<br/>30<sup>TH</sup></p> |  | 1<br><br>Germana<br>630 pm NEC                                  | 2<br>9 am Well<br>Germana<br><br>5:30 pm<br>DBAC<br>Germana  | 3<br><br><b>CLASS<br/>COAL<br/>TYEE<br/>7-8 PM</b>  | 4<br>9 am NEC<br>Elizabeth                                  | 5<br>9 am NEC<br>Germana<br>CIRCUIT | <p style="text-align: center;"><b>VIP RATES</b></p> <p style="text-align: center;"><b>Monthly</b></p> <p>\$44.80/M - 12 Months<br/>\$50.40/M - 6 Months<br/>\$56./M - 2 Months<br/>~~~~~</p> <p>10 class card \$112.00<br/>Drop in \$15.00</p> |
|   |  | 6<br><br>9 am Well<br>Germana<br><br>5:30 pm<br>DBAC<br>Germana | 7<br>9 am Well<br>Germana<br><br>5:30 pm<br>DBAC<br>Germana  | 8<br><br>Germana<br>630 pm NEC  | 9<br>9 am Well<br>Germana<br><br>5:30 pm<br>DBAC<br>Germana | 10<br><br>Germana<br>630 pm NEC     | 11<br>9 am NEC<br>Elizabeth  |
| 13<br><br>9 am Well<br>Germana<br><br>5:30 pm<br>DBAC<br>Germana  | 14<br>9 am Well<br>Germana<br><br>5:30 pm<br>DBAC<br>Germana | 15<br><br>Germana<br>630 pm NEC                                 | 16<br>9 am Well<br>Germana<br><br>5:30 pm<br>DBAC<br>Germana | 17<br><br>Germana<br>630 pm NEC   | 18<br>9 am NEC<br>Elizabeth                                 | 19<br>9 am NEC<br>Elizabeth         | <p style="text-align: center;"><b>GFIT BAG FOR A<br/>FRIEND WITH 12<br/>CLASSES \$22.40<br/>WHILE SUPPLIES<br/>LAST</b></p>  |
| 20<br><br>9 am Well<br>Germana<br><br>5:30 pm<br>DBAC<br>Germana  | 21<br>9 am Well<br>Germana<br><br>5:30 pm<br>DBAC<br>Germana | 22<br><br>Germana<br>630 pm NEC                                 | 23<br>9 am Well<br>Germana<br><br>5:30 pm<br>DBAC<br>Germana | 24<br><br>Germana<br>630 pm NEC   | 25<br>9 am NEC<br>Elizabeth                                 | 26<br>9 am NEC<br>Elizabeth         |  |
| 27<br><br>9 am Well<br>Germana<br><br>5:30 pm<br>DBAC<br>Germana  | 28<br>9 am Well<br>Germana<br><br>5:30 pm<br>DBAC<br>Germana | 29<br><br>Germana<br>630 pm NEC                                 | 30<br>9 am Well<br>Germana<br><br>5:30 pm<br>DBAC<br>Germana | <p><b>Coal Tye Elementary<br/>School</b><br/>2280 Sun Valley DR,<br/>Nanaimo, British Columbia, †</p> |   |                                     |  |

**When we do our personal best, we have  
achieved our level of magnificence ☺**

### CLASS LOCATIONS

Departure Bay Activity Centre 141Wingrove St. = DBAC  
Wellington Hall: 3922 Corunna Ave =WELL  
Nanaimo Ecumenical Centre: 6234 Spartan  
[www.germana.ca](http://www.germana.ca) 250-591-5327