



**Session Dates: April 1<sup>st</sup> – 30<sup>th</sup>**

**Live4Today Studio is located at**

**1912 19 Avenue, Wainwright**

**Registration is open**

**Thursday, March 20<sup>th</sup> from 7am - noon**

*\* Please Note- All schedules subject to change based on registration response \**

**Name:** \_\_\_\_\_

**Cell #** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

<b>INTENSITY 10</b>	
<b>TUESDAYS 6:00 AM</b>	<b>THURSDAYS 6:00 AM</b>
<b>\$60</b>	<b>\$15</b>

<b>ACTION April! Intensive small-group personal training</b>			
<b>Monday Sessions</b>	<b>Tuesday Sessions</b>	<b>Wednesday Sessions</b>	<b>Thursday Sessions</b>
<b>\$75</b>	<b>\$100</b>	<b>\$75</b>	<b>\$25</b>
6:00 AM		6:00 AM	
7:05 AM	7:05 AM	7:05 AM	7:05 AM
9:15 AM	9:15 AM	9:15 AM	9:15 AM
12:10 PM	12:10 PM		12:10 PM
4:00 PM	4:00 PM		4:00 PM
5:10 PM	5:10 PM		5:10 PM

<b>6 Week SURGE</b>
<b>March 3 – April 14</b>
<b>\$200</b>
<b>Ends Monday, April 14 at 6:15 pm</b>

**OFFICE USE ONLY**

**Paid:** TOTAL \$ \_\_\_\_\_ Cheque # \_\_\_\_\_ Cash \_\_\_\_\_ E-transfer \_\_\_\_\_

# APRIL 2025

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6am Int10  
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9:15 AA  
12:10 AA  
4:00 AA  
5:10 AA

6:00 AA  
7:05 AA  
9:15 AA

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AWAY  
ON  
COURSE

06

07

08

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12

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6am Int10  
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27

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30

6:00 AA  
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12:10 AA  
4:00 AA  
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6am Int10  
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9:15 AA

MAY  
Registration