



Session Dates: May 1 – 31, 2025

**Live4Today Studio is located at
1912 19 Avenue, Wainwright**

**Registration is open
Monday, April 28th from 7am - noon**

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

Name: _____

Cell # _____

E-mail: _____

RESHAPE ME – Intense <i>Makeover Month</i> that produces results! May 2 – May 30		
MONDAY	WEDNESDAYS	FRIDAYS
6:00 – 7:00 AM	6:00 – 7:00 AM	5:30 – 7:00 AM
\$540		

INTENSITY 10	
TUESDAY 6:00 AM	THURSDAY 6:00 AM
\$60	\$75

MINDFUL MAY! Intensive small-group personal training			
MONDAY Sessions	TUESDAY Sessions	WEDNESDAY Sessions	THURSDAY Sessions
\$75	\$100	\$100	\$125
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

***Please Note:** Due to limited class sizes, all registrations are non-refundable. Please verify your availability before signing up. No make-up classes are available.

Registration Policy: By registering, you commit to a specific day and time (i.e. Mondays at 6 am) No refunds. If you're away, drop-ins are available for additional fee (space permitting).

OFFICE USE ONLY

Paid: TOTAL \$ _____ Cheque # _____ Cash _____ E-transfer _____

MAY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
				01 6:00 Int 10 7:05 MM 9:15 MM 12:10 MM 4:00 MM 5:10 MM	02 530-7 RM	03
04	05 6-7 RM 7:05 MM 9:15 MM 12:10 MM 4:00 MM 5:10 MM	06 6:00 Int 10 7:05 MM 9:15 MM 12:10 MM 4:00 MM 5:10 MM	07 6-7 RM 7:05 MM 9:15 MM	08 6:00 Int 10 7:05 MM 9:15 MM 12:10 MM 4:00 MM 5:10 MM	09 530-7 RM	10
11	12 6-7 RM 7:05 MM 9:15 MM 12:10 MM 4:00 MM 5:10 MM	13 6:00 Int 10 7:05 MM 9:15 MM 12:10 MM 4:00 MM 5:10 MM	14 6-7 RM 7:05 MM 9:15 MM	15 6:00 Int 10 7:05 MM 9:15 MM 12:10 MM 4:00 MM 5:10 MM	16 530-7 RM	17
18	19 VICTORIA DAY CLOSED	20 6:00 Int 10 7:05 MM 9:15 MM 12:10 MM 4:00 MM 5:10 MM	21 6-7 RM 7:05 MM 9:15 MM	22 6:00 Int 10 7:05 MM 9:15 MM 12:10 MM 4:00 MM 5:10 MM JUNE REGISTRATION	23 530-7 RM	24
25	26 6-7 RM 7:05 MM 9:15 MM 12:10 MM 4:00 MM 5:10 MM	27 6:00 Int 10 7:05 MM 9:15 MM 12:10 MM 4:00 MM 5:10 MM	28 6-7 RM 7:05 MM 9:15 MM	29 6:00 Int 10 7:05 MM 9:15 MM 12:10 MM 4:00 MM 5:10 MM	30 530-7 RM	31