



**Session Dates: January 5<sup>th</sup> – 31<sup>st</sup>**

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

**Registration is open**

**Thursday, December 18<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>FRIDAYS 6:00 AM</b>
<b>\$60</b>	<b>\$45</b>	<b>\$30</b>

<b>JUMP IN JANUARY! Intensive small-group personal training</b>			
<b>MONDAY Sessions</b>	<b>TUESDAY Sessions</b>	<b>WEDNESDAY Sessions</b>	<b>THURSDAY Sessions</b>
<b>\$100</b>	<b>\$100</b>	<b>\$100</b>	<b>\$75</b>
<b>6:00 AM</b>		<b>6:00 AM</b>	
<b>7:05 AM</b>	<b>7:05 AM</b>	<b>7:05 AM</b>	<b>7:05 AM</b>
<b>9:15 AM</b>	<b>9:15 AM</b>	<b>9:15 AM</b>	<b>9:15 AM</b>
	<b>10:20 AM</b>		<b>10:20 AM</b>
<b>11:30 AM</b>	<b>11:30 AM</b>		<b>11:30 AM</b>
<b>4:00 PM</b>	<b>4:00 PM</b>		<b>4:00 PM</b>
<b>5:10 PM</b>	<b>5:10 PM</b>		<b>5:10 PM</b>

<b>TUESDAY WEIGH-INS</b>
<b>IN PERSON \$200</b>
<b>JANUARY – FEBRUARY (8 WEEKS)</b>
<b>Start strong in January. Stay Committed in February when most people fall off. This is the accountability that keeps consistent.</b>

**OFFICE USE ONLY**

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

# JANUARY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				01	02	03
				CLOSED	CLOSED	
04	05	06	07	08	09	10
	6:00 JJ 7:05 JJ 9:15 JJ 11:30 JJ 4:00 JJ 5:10 JJ	6:00 Int10 7:05 JJ 9:15 JJ 10:20 JJ 11:30 JJ 4:00 JJ 5:10 JJ	6:00 JJ 7:05 JJ 9:15 JJ	6:00 Int10 7:05 JJ 9:15 JJ 10:20 JJ 11:30 JJ 4:00 JJ 5:10 JJ	6:00 Int10	
11	12	13	14	15	16	17
	6:00 JJ 7:05 JJ 9:15 JJ 11:30 JJ 4:00 JJ 5:10 JJ	6:00 Int10 7:05 JJ 9:15 JJ 10:20 JJ 11:30 JJ 4:00 JJ 5:10 JJ	6:00 JJ 7:05 JJ 9:15 JJ	6:00 Int10 7:05 JJ 9:15 JJ 10:20 JJ 11:30 JJ 4:00 JJ 5:10 JJ	6:00 Int10	
18	19	20	21	22	23	24
	6:00 JJ 7:05 JJ 9:15 JJ 11:30 JJ 4:00 JJ 5:10 JJ	6:00 Int10 7:05 JJ 9:15 JJ 10:20 JJ 11:30 JJ 4:00 JJ 5:10 JJ	6:00 JJ 7:05 JJ 9:15 JJ	6:00 Int10 7:05 JJ 9:15 JJ 10:20 JJ 11:30 JJ 4:00 JJ 5:10 JJ	CLOSED	
				FEBRUARY REGISTRATION		
25	26	27	28	29	30	31
	6:00 JJ 7:05 JJ 9:15 JJ 11:30 JJ 4:00 JJ 5:10 JJ	6:00 Int10 7:05 JJ 9:15 JJ 10:20 JJ 11:30 JJ 4:00 JJ 5:10 JJ	6:00 JJ 7:05 JJ 9:15 JJ	CLOSED	CLOSED	