



Session Dates: September 1st – 30th, 2026

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

**Registration is open
Thursday, August 20th from 7am - noon**

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

Name: _____

Cell # _____

E-mail: _____

INTENSITY 10	
TUESDAY 6:00 AM	THURSDAY 6:00 AM
\$100	\$60

STEP INTO SEPTEMBER! Intensive small-group personal training			
MONDAY Sessions	TUESDAY Sessions	WEDNESDAY Sessions	THURSDAY Sessions
\$60	\$150	\$120	\$90
6:00 AM		6:00 AM	
7:05 AM	7:05 AM	7:05 AM	7:05 AM
8:10 AM (ACTIVE 55+)	8:10 AM	8:10 AM (ACTIVE 55+)	8:10 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 (ACTIVE 55+)	4:00 PM		4:00 PM (\$60)
5:00 PM	5:00 PM		5:00 PM (\$60)

OFFICE USE ONLY

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

SEPTEMBER 2026

SUN

MON

TUE

WED

THU

FRI

SAT

01

02

03

04

05

6:00 Int10
7:05 SS
8:10 SS
9:15 SS
12:10 SS
4:00 SS
5:00 SS

6:00 SS
7:05 SS
8:10 55+
9:15 SS

6:00 Int10
7:05 SS
8:10 SS
9:15 SS
12:10 SS
4:00 SS
5:00 SS

06

07

08

09

10

11

12

CLOSED

6:00 Int10
7:05 SS
8:10 SS
9:15 SS
12:10 SS
4:00 SS
5:00 SS

6:00 SS
7:05 SS
8:10 55+
9:15 SS

6:00 Int10
7:05 SS
8:10 SS
9:15 SS
12:10 SS

13

14

15

16

17

18

19

6:00 SS
7:05 SS
8:10 55+
9:15 SS
12:10 SS
4:00 55+
5:00 SS

6:00 Int10
7:05 SS
9:15 SS
8:10 SS
12:10 SS
4:00 SS
5:00 SS

6:00 SS
7:05 SS
8:10 55+
9:15 SS

CLOSED

20

21

22

23

24

25

26

CLOSED

6:00 Int10
7:05 SS
8:10 SS
9:15 SS
12:10 SS
4:00 SS
5:00 SS

6:00 SS
7:05 SS
8:10 55+
9:15 SS

6:00 Int10
7:05 SS
8:10 SS
9:15 SS
12:10 SS
4:00 SS
5:00 SS

October
Registration

27

28

29

30

6:00 SS
7:05 SS
8:10 55+
9:15 SS
12:10 SS
4:00 55+
5:00 SS

6:00 Int10
7:05 SS
8:10 SS
9:15 SS
12:10 SS
4:00 SS
5:00 SS

CLOSED