



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 (ACTIVE 55+)	
9:15 AM	9:15 AM	9:15 AM	9:15 AM
11:30 AM	11:30 AM		11:30 AM
4:00 PM	4:00 PM	4:30 PM (ACTIVE 55+)	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 9:15 SS 11:30 SS 4:00 SS 5:00 SS	6:00 SS 7:05 SS 8:10 55+ 9:15 SS 4:30 55+	6:00 Int10 7:05 SS 9:15 SS 11:30 SS 4:00 SS 5:00 SS		
06	07	08	09	10	11	12
	CLOSED	6:00 Int10 7:05 SS 9:15 SS 11:30 SS 4:00 SS 5:00 SS	6:00 SS 7:05 SS 8:10 55+ 9:15 SS 4:30 55+	6:00 Int10 7:05 SS 9:15 SS 11:30 SS		
13	14	15	16	17	18	19
	6:00 SS 7:05 SS 8:10 55+ 9:15 SS 11:30 SS 4:00 SS 5:00 SS	6:00 Int10 7:05 SS 9:15 SS 11:30 SS 4:00 SS 5:00 SS	6:00 SS 7:05 SS 8:10 55+ 9:15 SS 4:30 55+	CLOSED		
20	21	22	23	24	25	26
	CLOSED	6:00 Int10 7:05 SS 9:15 SS 11:30 SS 4:00 SS 5:00 SS	6:00 SS 7:05 SS 8:10 55+ 9:15 SS 4:30 55+	6:00 Int10 7:05 SS 9:15 SS 11:30 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 11:30 SS 4:00 SS 5:00 SS	6:00 Int10 7:05 SS 9:15 SS 11:30 SS 4:00 SS 5:00 SS	CLOSED			