



Session Dates: October 1st – 31st, 2026

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

**Registration is open
Thursday, September 24th 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
\$80	\$100

OPPPORTUNITY OCTOBER! Intensive small-group personal training			
MONDAY Sessions	TUESDAY Sessions	WEDNESDAY Sessions	THURSDAY Sessions
\$90	\$120	\$120	\$150
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
5:00 PM	5:00 PM		5:00 PM

OFFICE USE ONLY

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

OCTOBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				01	02	03
				6:00 Int10 7:05 OO 8:10 OO 9:15 OO 12:10 OO 4:00 OO 5:00 OO		
04	05	06	07	08	09	10
	6:00 OO 7:05 OO 8:10 55+ 9:15 OO 12:10 OO 4:00 55+ 5:00 OO	6:00 Int10 7:05 OO 8:10 OO 9:15 OO 12:10 OO 4:00 OO 5:00 OO	6:00 OO 7:05 OO 8:10 55+ 9:15 OO	6:00 Int10 7:05 OO 8:10 OO 9:15 OO 12:10 OO 4:00 OO 5:00 OO		
11	12	13	14	15	16	17
	CLOSED THANKSGIVING DAY	6:00 Int10 7:05 OO 9:15 OO 8:10 OO 12:10 OO 4:00 OO 5:00 OO	6:00 OO 7:05 OO 8:10 55+ 9:15 OO	6:00 Int10 7:05 OO 8:10 OO 9:15 OO 12:10 OO 4:00 OO 5:00 OO		
18	19	20	21	22	23	24
	6:00 OO 7:05 OO 8:10 55+ 9:15 OO 12:10 OO 4:00 55+ 5:00 OO	6:00 Int10 7:05 OO 8:10 OO 9:15 OO 12:10 OO 4:00 OO 5:00 OO	6:00 OO 7:05 OO 8:10 55+ 9:15 OO	6:00 Int10 7:05 OO 8:10 OO 9:15 OO 12:10 OO 4:00 OO 5:00 OO		
				November Registration		
25	26	27	28	29	30	31
	6:00 OO 7:05 OO 8:10 55+ 9:15 OO 12:10 OO 4:00 55+ 5:00 OO	6:00 Int10 7:05 OO 8:10 OO 9:15 OO 12:10 OO 4:00 OO 5:00 OO	6:00 OO 7:05 OO 8:10 55+ 9:15 OO	6:00 Int10 7:05 OO 8:10 OO 9:15 OO 12:10 OO 4:00 OO 5:00 OO		