

Session Dates: December 1st – 17th, 2026

Live4Today Studio is located at
1912 19 Avenue, Wainwright

Registration is open
Thursday, October 22nd 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
$60	$60

DEDICATED DECEMBER! Intensive small-group personal training			
MONDAY Sessions	TUESDAY Sessions	WEDNESDAY Sessions	THURSDAY Sessions
$60	$90	$90	$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
5:00 PM	5:00 PM		5:00 PM

OFFICE USE ONLY

Paid: TOTAL $_____ Cheque #_____Cash_____ E-transfer_____

DECEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
		01 6:00 Int10 7:05 DD 8:10 DD 9:15 DD 12:10 DD 4:00 DD 5:00 DD	**02** 6:00 DD 7:05 DD 8:10 55+ 9:15 DD	**03** 6:00 Int10 7:05 DD 8:10 DD 9:15 DD 12:10 DD 4:00 DD 5:00 DD	**04**	**05**
06	**07** 6:00 DD 7:05 DD 8:10 55+ 9:15 DD 12:10 DD 4:00 55+ 5:00 DD	**08** 6:00 Int10 7:05 DD 8:10 DD 9:15 DD 12:10 DD 4:00 DD 5:00 DD	**09** 6:00 DD 7:05 DD 8:10 55+ 9:15 DD	**10** 6:00 Int10 7:05 DD 8:10 DD 9:15 DD 12:10 DD 4:00 DD 5:00 DD	**11**	**12**
13	**14** 6:00 DD 7:05 DD 8:10 55+ 9:15 DD 12:10 DD 4:00 55+ 5:00 DD	**15** 6:00 Int10 7:05 DD 9:15 DD 8:10 DD 12:10 DD 4:00 DD 5:00 DD	**16** 6:00 DD 7:05 DD 8:10 55+ 9:15 DD	**17** 6:00 Int10 7:05 DD 8:10 DD 9:15 DD 12:10 DD 4:00 DD 5:00 DD January Registration	**18**	**19**
20	**21**	**22** Christmas Break	**23** Classes Resume January 4, 2027	**24**	**25**	**26**
27	**28**	**29** Christmas Break	**30** Classes Resume January 4, 2027	**31**		