

INTRODUCING....

CORE TRAINING BOOT CAMP (CBC)

6 WEEK CAMP STARTS JANUARY 9TH!

See & feel results in 6 weeks!

Includes:

- two 1.5 hour work outs a week
- fitness testing
- nutritional shake at the end of each class

Only \$295 plus HST for 12 sessions

**Adults
Set &
Reach your
Goals!**

**Adults
Join the fun!
Prizes &
Incentives!**

Program variety:

cardio, rebounding, strength training, plyometrics, pilates, toning, stretching & more!

Evening Schedule

Mon, Wed, Thurs 8 - 9:30

Daytime Schedule

Wed & Friday 9:30 - 11



Core Training Gymnastics Centre Inc.
565 Edward Ave #5 Richmond Hill ON L4C 9Y6
905-884-4267 coretraininggymnastics.ca or vivepilates.com



Adult Toning/Pilates Classes



Classes Start Monday, January 9, 2012

12 one hour classes \$189 + HST

Monday & Wednesday evenings 7- 8pm
or

Monday 12 - 1pm & Friday 11 - 12pm
You choose once a week or twice a week.

Improve core strength
Correct posture & alignment
Create stamina



Beth James
Certified Body Control Pilates® Instructor
Core Training Gymnastics Centre Inc.
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