



JUMP STRETCH CANADA FITNESS CENTRE

Boot Camp Class

If you are looking for a more challenging workout, to increase strength and conditioning this is it. Boot camp classes are held three times a week to help you achieve your fitness level in a shorter period of time.

Boot Camp Classes

- Monday- Wednesday- Friday; 6:00 am
- Monday- Wednesday- Friday: 7:45 pm
- Tuesday- Thursday; 12:05 pm
- Saturday 10:15 am

Fees

- \$45.00 Per Month Plus HST
- Includes Jump Stretch Canada Gym Membership
- With Membership; Free Orientation Saturday at 12:15
(Orientation is every Saturday and a requirement Prior to all classes)