



JUMP STRETCH CANADA FITNESS CENTRE

Sculpt & Stretch Class

If your goals are to have more energy, feel better and lose weight, we can help! Our sculpt & stretch classes for adults meet three times a week, with moderate intensity strength training & cardio workouts. Sculpt & Stretch class use many of the same activities as the athletic classes, but a more comfortable pace for non-athletes.

Women's Sculpt and Stretching Classes

- This is a Ladies only class, group Sculpt and Stretch will also be available.
- Monday - Wednesday – Friday @ 6:45pm
- Thursday @ 2:00 pm

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)**