

GIORGIO'S FITNESS PROGRAMS

GENERAL INFORMATION

All programs are for **NEW STUDENTS ONLY!**

All programs are either \$52 and will allow you to attend 5 classes (3 dodgeball visits) or \$102 and will allow you to attend 10 classes (6 dodgeball visits) of a particular program.

All classes will be held at Giorgio's Health and Fitness Connection Chiswick Park, 31 Union Ave, Sudbury

KIDKWONDO

Mr. Matchett

AGES 2.9-6

DAY: Tuesday & Wednesday **TIME:** 9:30-10:15 AM

DAY: Thursday **TIME:** 3:15-4:00 PM

DAY: Saturday **TIME:** 9:00-9:45 AM

TAEKWONDO

TKD I - AGES 4-7

DAY: Monday-Friday **TIME:** 4:00-4:45 PM

DAY: Saturday **TIME:** 10:00-10:45 AM

TKD II - AGES 8-11

DAY: Monday-Friday **TIME:** 4:45-5:30 PM

DAY: Saturday **TIME:** 10:00-10:45 AM

ADULT TKD

DAY: Monday-Thursday **TIME:** 10:45-11:45 AM

DAY: Monday-Thursday **TIME:** 6:30-7:30 PM

DAY: Saturday **TIME:** 11:00 AM-12:15 PM

PARENT/CHILD TAEKWONDO

ALL AGES

DAY: Saturday **TIME:** 10:00-10:45 AM

GIORGIOFIT

Jon Lewitus

AGES 2.9-6

DAY: Monday & Friday **TIME:** 9:30-10:15 AM

DODGEBALL Mr. Giorgio

PIZZA, PRIZES, FUN!

AGES 6 and up

DAY: Saturday **TIME:** 6:15-8:30 PM

BOOT CAMP Eddie Murray

ADULT

DAY: Tuesday **TIME:** 9:30-10:30 AM

MUAY THAI Mr. Rich

ADULTS

DAY: Thursday **TIME:** 8:00-9:30 AM

DAY: Tuesday & Thursday **TIME:** 6:30-7:30 PM

DAY: Monday & Wednesday **TIME:** 7:30-8:30 PM

CORE OF STEEL Eddie Murray

ADULT

DAY: Thursday **TIME:** 9:00-9:30 AM

TABATA Eddie Murray

ADULTS

DAY: Friday **TIME:** 9:30-10:30 AM

ULTIMATE FITNESS Eddie Murray

ADULTS

DAY: Wednesday **TIME:** 9:30-10:30 AM

KICKBOXING Myron Mentis

ADULTS

DAY: Friday **TIME:** 8:30-9:30 AM

KRIPALU YOGA Abby Schwab

ADULTS

DAY: Monday & Thursday **TIME:** 8:30-9:30 AM

DAY: Saturday **TIME:** 8:00-9:00 AM

TAEROBIXX

Mr. Giorgio

ADULTS

DAY: Monday & Thursday **TIME:** 9:30-10:30 AM

DAY: Saturday **TIME:** 9:00-10:00 AM

BASIC TRAINING

Eddie Murray

ADULTS

DAY: Monday & Wednesday **TIME:** 8:30-9:30 AM

CYCLING

Eddie Murray

ADULTS

DAY: Monday & Thursday **TIME:** 9:30-10:30 AM

PERFORMANCE TRAINING

Eddie Murray

ADULTS

DAY: Tuesday **TIME:** 8:30-9:30 AM