

GIORGIO'S FITNESS PROGRAMS

GENERAL INFORMATION

All programs begin the week of December 9th and are for NEW STUDENTS ONLY!

All classes are \$100 and will allow you to attend 10 classes of a particular program during the winter.

Babysitting is available from: 8:30am-12pm Monday through Friday And 9am-12pm Saturdays

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

KIDKWONDO

AGES 3-6

DAYS: Mon.-Thurs. **TIME:** 9:30-10:15 AM

DAYS: Mon. & Wed. **TIME:** 1:00-1:45 PM

DAYS: Tues. & Thurs. **TIME:** 3:15-4:00 PM

DAY: Sat. **TIME:** 9:00-9:45 AM

TAEKWONDO

USA TKD 1 (Ages 4-7)

DAYS: Mon.-Fri. **TIME:** 4:00-4:45PM

USA TKD 2 (Ages 7-12)

DAYS: Mon.-Fri. **TIME:** 4:45-5:30 PM

DAYS: Mon.-Fri. **TIME:** 5:30-6:15 PM

DAY: Sat. **TIME:** 10:00-10:45 AM

ADULTS

DAYS: Mon.-Thur. **TIME:** 10:45-11:45 AM

DAYS: Mon.-Thur. **TIME:** 6:30-7:30 PM

DAY: Sat. **TIME:** 10:45AM-12PM

POWER YOGA

ADULTS

DAY: Wed. **TIME:** 9:30-10:30 AM

KRIPALU YOGA

ADULTS

DAY: Mon. & Thur. **TIME:** 10:30-11:30 AM

DAY: Sat. **TIME:** 8:00-9:00 AM

BODY CONDITIONING/ BODY SCULPTING

ADULTS

DAY: Tues. & Thurs. **TIME:** 6:30-7:30PM

PARENT/CHILD TAEKWON DO

Cost: \$100 per parent + \$100 per child

ALL AGES

DAY: Sat. **TIME:** 10:00-10:45 AM

MEDICINE BALL TRAINING/ CIRCUIT TRAINING

ADULTS

DAY: Mon. & Thurs. **TIME:** 8:30-9:30 AM

BRAZILLIAN JIU JITSU

LITTLE JITSU (Ages 5-8)

DAYS: Mon. & Thurs. **TIME:** 4:00-4:45 PM

USA BJJ (Ages 8-12)

DAYS: Mon. & Thurs. **TIME:** 4:45-5:30 PM

DAYS: Mon. & Thurs. **TIME:** 5:30-6:30 PM

TAEROBIXX

ADULTS

DAYS: Mon. & Thurs. **TIME:** 9:30-10:30 AM

DAY: Tues. **TIME:** 8:30-9:30 AM

DAY: Sat. **TIME:** 9:00-10:00 AM

DODGEBALL

*Cost: \$100 per child**

**5 visits only - Please call for weekly schedule*

AGES 5 & UP

DAY: Fri. **TIME:** 6:15-8:30 PM

KICKBOXING

ADULTS

DAY: Wed. **TIME:** 9:30-10:30 AM

DAY: Fri. **TIME:** 8:30-9:30 AM

Giorgio's Music Connection

Giorgio's is offering a variety of private music lessons in the following instruments: Acoustic guitar, electric guitar, bass, piano and the violin. The cost for 5 lessons is \$100 for new students only.

Please book a time slot with Giorgio's before registering with the Park and Recreation Dept.

To inquire about time slot availability or for more information, please call Giorgio's Music Connection at (978) 440 - 8531