

# PISE 2021 PROGRAMS

MEMBERS RECEIVE 20% OFF PROGRAMS AT PISE\*

\* With a 4-month membership



## BOOT CAMP

Option 1  
Nov 1-Dec 13 | M  
6:05-7:05AM | \$105  
Registration: #6183

Option 2  
Nov 1-Dec 13 | M  
6:45-7:45PM | \$105  
Registration: #6185

Option 3  
Nov 3-Dec 15 | W  
6:45-7:45PM | \$105  
Registration: #6187

Option 4  
Nov 4-Dec 16 | TH  
5:00-6:00PM | \$90  
Registration: #6189  
\*No class Nov 11

Option 5  
Nov 3-Dec 15 | W  
6:05-7:05AM | \$105  
Registration: #6212

## SUPER CYCLE

Option 1  
Nov 2-Dec 14 | TU  
6:30-7:30PM | \$105  
Registration: #6192

Option 2  
Nov 3-Dec 15 | W  
5:30-6:30PM | \$105  
Registration: #6193

## THRESHOLD CONDITIONING

Nov 2-Dec 14 | TU  
5:00-6:00PM | \$105  
Registration: #6200

## STRENGTH & CONDITIONING 55+

Option 1  
Nov 2-Dec 14 | TU  
4:45-6:00PM | \$112  
Registration: #6194

Option 2  
Nov 4-Dec 16 | TH  
7:15-8:30AM | \$96  
Registration: #6195  
\*No class Nov 11

Option 3  
Nov 4-Dec 16 | TH  
4:45-6:00PM | \$96  
Registration: #6196  
\*No class Nov 11

Option 4  
Nov 6-Dec 18 | SA  
9:00-10:15AM | \$112  
Registration: #6197

Option 5  
Nov 2-Dec 14 | TU  
7:15-8:30AM | \$112  
Registration: #6213

## DRIVE JUNIOR ONLINE

(14 years+)  
\$99/month  
Registration:  
<https://www.pise.ca/drive/>

## WOMEN ON WEIGHTS

Option 1  
Nov 1-Dec 13 | M  
7:15-8:30AM | \$112  
Registration: #6202

Option 2  
Nov 1-Dec 13 | M  
5:15-6:30PM | \$112  
Registration: #6203

Option 3  
Nov 3-Dec 15 | W  
7:15-8:30AM | \$112  
Registration: #6204

Option 4  
Nov 5-Dec 17 | F  
7:15-8:30AM | \$112  
Registration: #6205

## ADAPTED STRENGTH AND CONDITIONING

Option 1  
Nov 3-Dec 15 | W  
7:30-8:45PM | \$49  
Registration: #6214

Option 2  
Nov 6-Dec 18 | Sa  
11:00-12:15PM | \$49  
Registration: #6182



Masks required while transitioning between exercise stations



### DROP-IN

Please check with the Front Desk about drop-ins for programs

Programs exclude GST



250.220.2510



WWW.PISE.CA



IN PERSON