

# PISE JAN - FEB 2022 PROGRAMS

MEMBERS RECEIVE 20% OFF PROGRAMS AT PISE\*

\* With an General Public Annual Membership



## BOOTCAMP

Option 1  
Jan 10-Feb 28 | M  
6:05-7:05AM | \$105  
Registration: #6221

Option 2  
Jan 10-Feb 28 | M  
6:45-7:45PM | \$105  
Registration: #6222

Option 3  
Jan 12-Feb 23 | W  
6:05-7:05AM | \$105  
Registration: #6225

Option 4  
Jan 12-Feb 23 | W  
6:45-7:45PM | \$105  
Registration: #6223

Option 5  
Jan 13-Feb 24 | TH  
5:00-6:00PM | \$105  
Registration: #6224

## DRIVE: SENIOR/MASTER

Jan 10-April 27 | TU/TH  
6:30-7:30PM | \$450  
Registration: 6239

## DRIVE: JUNIOR (14 years+)

Jan 11-April 28 | M/W  
6:30-7:30AM | \$480  
Registration: 6238

## DRIVE JUNIOR ONLINE (14 years+)

\$99/month  
Registration: ,  
<https://www.pise.ca/drive/>

## STRENGTH & CONDITIONING 55+

Option 1  
Jan 11-Feb 22 | TU  
7:15-8:30AM | \$112  
Registration: #6232

Option 2  
Jan 11-Feb 22 | TU  
4:45-6:00PM | \$112  
Registration: #6228

Option 3  
Jan 13-Feb 24 | TH  
7:15-8:30AM | \$112  
Registration: #6229

Option 4  
Jan 13-Feb 24 | TH  
4:45-6:00PM | \$112  
Registration: #6230

Option 5  
Jan 15-Feb 26 | SA  
9:00-10:15AM | \$96  
Registration: #6231  
\*No class Feb 20

## SUPER CYCLE

Option 1  
Jan 12-Feb 23 | W  
5:30-6:30PM | \$105  
Registration: #6227

## WOMEN ON WEIGHTS

Option 1  
Jan 10-Feb 28 | M  
7:15-8:30AM | \$112  
Registration: #6234

Option 2  
Jan 10-Feb 28 | M  
5:15-6:30PM | \$112  
Registration: #6235

Option 3  
Jan 12-Feb 23 | W  
7:15-8:30AM | \$112  
Registration: #6236

Option 4  
Jan 14-Feb 25 | F  
7:15-8:30AM | \$112  
Registration: #6237

## THRESHOLD CONDITIONING

Jan 11-Feb 22 | TU  
5:00-6:00PM | \$105  
Registration: #6233

## ADAPTED STRENGTH AND CONDITIONING

Option 1  
Jan 12-Feb 23 | W  
7:30-8:45PM | \$49  
Registration: #6219

Option 2  
Jan 15-Feb 26 | Sa  
11:00-12:15PM | \$42  
Registration: #6220  
\*No class Feb 20



Masks required while transitioning between exercise stations



Please remember to bring proof of vaccination and one piece of valid government issued photo ID.

Programs exclude GST

## DROP-IN

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



250.220.2510



WWW.PISE.CA



IN PERSON