



MEMBERS RECEIVE 20% OFF PROGRAMS AT PISE\*

\* With an General Public Annual Membership

MAR - APR 2022

# ADULT PROGRAMS



## INTRO TO STRENGTH TRAINING



MAR 9- APR 27 | W  
4:15-5:30PM | \$96  
REGISTRATION: #6341

## BOOTCAMP

OPTION 1  
MAR 7-APR 25 | M  
6:05-7:05AM | \$108.5  
REGISTRATION: #6242  
\*NO CLASS APR 18

OPTION 2  
MAR 7-APR 25 | M  
6:45-7:45PM | \$108.5  
REGISTRATION: #6243  
\*NO CLASS APR 18

OPTION 3  
MAR 2-APR 27 | W  
6:05-7:05AM | \$139  
REGISTRATION: #6246

OPTION 4  
MAR 2-APR 27 | W  
6:45-7:45PM | \$139  
REGISTRATION: #6244

OPTION 5  
MAR 3-APR 28 | TH  
5:00-6:00PM | \$139  
REGISTRATION: #6245

## PISE FUSION



APR 4 -JUN 6 | M  
5:30-6:30PM | \$120  
REGISTRATION: #6412

## SUPER CYCLE

OPTION 1  
MAR 1-APR 26 | TU  
6:15-7:15PM | \$139  
REGISTRATION: #6248

## WOMEN ON WEIGHTS

OPTION 1  
MAR 7-APR 25 | M  
7:15-8:30AM | \$112  
REGISTRATION: #6255  
\*NO CLASS APR 18

OPTION 2  
MAR 7-APR 25 | M  
5:15-6:30PM | \$112  
REGISTRATION: #6256  
\*NO CLASS APR 18

OPTION 3  
MAR 2-APR 27 | W  
7:15-8:30AM | \$144  
REGISTRATION: #6257

OPTION 4  
MAR 4-APR 27 | F  
7:15-8:30AM | \$128  
REGISTRATION: #6258  
\*NO CLASS APR 15

## THRESHOLD CONDITIONING

Mar 1-Apr 26 | TU  
5:00-6:00PM | \$135  
Registration: #6254

## STRENGTH & CONDITIONING 55+

OPTION 1  
MAR 1-APR 26 | TU  
7:15-8:30AM | \$140  
REGISTRATION: #6253

OPTION 2  
MAR 1-APR 26 | TU  
4:45-6:00PM | \$140  
REGISTRATION: #6249

OPTION 3  
MAR 3-APR 28 | TH  
7:15-8:30AM | \$140  
REGISTRATION: #6250

OPTION 4  
MAR 5-APR 30 | SA  
9:00-10:15AM | \$124  
REGISTRATION: #6252  
\*NO CLASS APR 16

OPTION 5  
MAR 5-APR 30 | SA  
7:30-8:45AM | \$124  
REGISTRATION: #6404  
\*NO CLASS APR 16

## ACCESSIBLE FITNESS

Mar 5-Apr 30 | SA  
11:00-12:15pm | \$56  
Registration: #6409  
\*No class Apr 16



## ADAPTED STRENGTH AND CONDITIONING

OPTION 1  
MAR 2-APR 30 | W  
7:30-8:45PM | \$63  
REGISTRATION: #6240

OPTION 2  
MAR 5-APR 30 | SA  
11:00-12:15PM | \$56  
REGISTRATION: #6241  
\*NO CLASS APR 16

Masks are required at all times except when actively exercising



## DROP-IN

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

Programs exclude GST

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



250.220.2510



WWW.PISE.CA



IN PERSON



# KIDS PROGRAMS



## UPCOMING IN APRIL

**POWER PHYSICAL  
LITERACY**

**KIDS ON WHEELS**

**MOVE AND PLAY FOR  
HOME LEARNERS**

**ACTIVE  
DEVELOPMENT**

**BOCCIA BALLERS**

**Mark your  
calendars:  
Summer Camp  
Registration is  
March!**

**For more  
information on our  
programs or current  
Covid-19 policies  
and procedures  
please visit our  
website.**



**Programs  
exclude GST**

**Questions?**

Check our  
website under  
Kids & Youth  
to find out  
more!



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