

**Registered Class & Flex Pass Schedule**  
**www.MuscleMemory.ca / 604-948-FITT**

Scheduled Classes  
 Drop-in classes (**PP**)

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am	Indoor Boot Camp (M/W/F) Shannon	Spin Express Shannon	Indoor Boot Camp (M/W/F) Shannon	Spin Express Shannon	Indoor Boot Camp (M/W/F) Shannon	
7:00 am		Women's Only (Tues/Thurs) Rob	7:45 45 min Spin/Strength Gwendolyn	Women's Only (Tues/Thurs) Jarrett		
8:00 am	Women Only Shannon				Women Only Rob	Spin-Strength Megan
9:00 am	Fat Burner Steve	Fat Burner Mike	Fat Burner Steve  9:15am Boot Camp Richie	Fat Burner Jarrett  9:15am Senior Strength Anne	Fat Burner Shannon	Fat Burner Richie
10:00 am		Golf Fit Rob		Golf Fit Rob		
12:00 pm			Spin Express Shannon			
5:00 pm	Fat Burner <b>PP</b> Jarrett		Fat Burner <b>PP</b> Jarrett		Fat Burner <b>PP</b> Chris	
7:00 pm	Boot Camp Richie	Spin-Strength Rob	Fat Burner Richie  7:15 Stretch Gwen	Fat Burner <b>PP</b> Mike  7:15pm Beer League Rob		

All classes and times are subject to change and cancellation

## Personal Training Packages

<b>Start Me Up – 3 sessions</b>	<b>\$225 (\$75/hr)</b>
<b>Keep Me Moving – 10 sessions</b> (sessions 1–3 times a week)	<b>\$700 (\$70/hr)</b>
<b>Never Stop Moving – 20 sessions</b> (sessions 2–3 times a week)	<b>\$1350 (\$67.50/hr)</b>
<b>Always Moving – 30 sessions</b> (sessions 2–3 times a week)	<b>\$1950 (\$65/hr)</b>

<b>Duets Training – 5 sessions</b> (sessions 1–2 times a week)	<b>\$225/person</b> <b>(\$45/hr each)</b>
<b>Duets Training – 10 sessions</b> (sessions 2–3 times a week)	<b>\$410/person</b> <b>(\$41/hr each)</b>
<b>30/30 Package 1 – 6 sessions</b>	<b>\$252 (\$42)</b>
<b>30/30 Package 2 – 12 sessions</b>	<b>\$468 (\$39)</b>
<b>30/30 Package 3 – 18 sessions</b>	<b>\$666 (\$37)</b>
<b>Duets 30/30 Package – 5 sessions</b>	<b>\$137.50/person</b>
<b>Duets 30/30 Package – 10 sessions</b>	<b>\$260/person</b>

For each of our 30/30 Packages, half of your session is performed independently on our cardio machines, and the other half consists of a trainer led workout.

**Payment Plans now available for personal training packages – at no extra cost!**

**Future Clients:** Come in or call us to book your FREE consultation with one of our amazing trainers.



Muscle Memory  
Personal & Group Training  
5670 12<sup>th</sup> Ave.  
Delta, BC V4L 1C8  
604-948-3488  
rob@musclememory.ca  
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GET FIT... YOU HAVE YOUR REASONS!



## Small Group and Punch Pass Schedule

### Personal Training Packages

(back cover)

**8-Pack Punch Pass: \$156**



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