



46 Boulder Blvd., Stony Plain

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www.meta-fitness.com 780-915-6132

Prices for 6 week sessions. Join anytime! We will pro-rate the amount! 1 hour classes
R = Regular class - \$63; SG = Specialty or Small Group - \$89/6 weeks; 10 pass \$150. Drop In
\$15. Space permitting. Meditation \$10. Text, call or email for all classes & TRIBE.

TRIBE Season 6 - Free Tribe tryouts Nov. 6 - 9, Season 6 runs Sept. 25-Nov. 2.
Contact us to Secure Your Space. Never Pay For Missed Classes-Make Them Up
.JOIN CLASSES ANYTIME - Let Us Know If There Is A Class You Want Offered
ALL Prices Include GST **NOTE: Prices Listed Are For 6 Week Session**

Monday

9:30 AM- Gentle Beginner Fit - Lynn-SG, 45 min class - \$72
4:05 PM - TRIBE LIFE - Lynn - SG, 2 x week \$178, registration required
5:15 PM - TRIBE CORE - Lynn -SG, 2 x week \$178, registration required
6:30 PM - Row n' GRAVITY - Geneva - SG - \$89
7:45 PM -TRIBE FIT- Angie - SG, 2 x week \$178, registration required

Tuesday

9:30 AM - Cardio n' Strength - Angie - SG - \$89
4:05 PM - Row, Strength n' Core - Lynn - SG - \$89, gathering names, begins soon
5:15 PM - Boomer Circuit, 45 min class - Lynn- SG - \$72, gather. names, begins soon
5:15 PM - Mat Pilates - Judy - R - \$63
6:30 PM - TRIBE LIFE - Angie - SG, 2 x week \$178, registration required
6:30 PM - MEDITATION - Judy - drop in \$10/class, no experience needed

Wednesday

9:30 AM - Beginner Circuit - Lynn - SG - 45 min - \$72
4:05 PM - TRIBE LIFE-Judy - SG, 2 x week \$178, registration required
5:15 PM - TRIBE CORE -Lynn - SG, 2 x week \$178, registration required
5:15 PM - Zone Cardio n' Strength - Judy - SG - \$89
6:30 PM - Gentle Mindful Movement - Judy - R - \$63
7:45 PM - TRIBE FIT - Tara - SG, 2 x week \$178, registration required

Thursday

9:30 AM - Cardio n' Strength - Tara - SG - \$89
10:45 AM - Chair Ageless Grace - Judy - SG, 45 min class - \$72, begins soon, call 1st
12 Noon - Boomer Circuit - Judy - SG - 45 min. class - \$72
5:15 PM - Core, Strength n' Stretch - Judy - R - \$63
6:30 PM - TRIBE LIFE - Judy - SG - 2 x week \$178, registration required

Friday

9:30 AM - Gentle Back in Action - Cherise - SG - 45 min - \$72
4:05 PM - Row, Strength n' Core - Judy - SG - \$89
5:15 PM - Gentle Relax n' Renew Yoga - Judy - R - \$63

**HAVE TO MISS A CLASS - MAKE IT UP IN ANY OTHER CLASS IN THE CURRENT 6 WEEK
SESSION. CLASSES WITH LOW REGISTRATION WILL BE POSTPONED**

Please Register by text, email or phone to avoid class cancellation.

Instructors & Classes May Change Without Notice.

