



46 Boulder Blvd., Stony Plain

judy.cooper@meta-fitness.com

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 Sept. 18-21, 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: All * Classes begin week of Oct. 16**

Monday (Due to Sept. 4 Holiday Mon. Classes begin Sept. 11 & Run 4 weeks as Oct. 9 is holiday)
9:30 AM - Gentle Beginner Fit-Lynn-SG, 45 min class-\$72(\$48/4 wks or \$60/5 wks w/Mon holidays)
4:05 PM - TRIBE LIFE -Lynn - SG, 2 x week \$178, based on #'s, registration required
5:15 PM - TRIBE CORE - Lynn -SG, 2 x week \$178, registered
6:30 PM - Row n' GRAVITY - Geneva - SG - \$89, (\$60/4 wks or \$75/5 wks w/Mon holidays)
7:45 PM -TRIBE FIT- Angie - SG, 2 x week \$178, registered

Tuesday

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

Wednesday

9:30 AM - Gentle Back in Action - Cherise - SG - 45 min - \$72 ***
4:05 PM - TRIBE LIFE-Judy - SG, 2 x week \$178, based on #'s, registration required
5:15 PM - TRIBE CORE -Lynn - SG, 2 x week \$178, registered
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, registered

Thursday

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

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

CLASSES WITH LOW REGISTRATION WILL BE POSTPONED

Please Register by text, email or phone to avoid class cancellation. Instructors & Classes May Change Without Notice.

Drum For World Peace Day, Fri., Sept. 22 from 7 - 9 PM, \$15 per person.

NEW BOOMER, CIRCUIT, BACK IN ACTION & CHAIR CLASSES BEGINNING IN OCTOBER.**

