

WEDNESDAY

SMALL GROUP

TRAINING

Wednesdays this Fall

Southport w/ Regan - 6:45-7:30am
4 sessions \$100/\$140*

Rockyview w/ Regan - 2:00-2:45pm
4 sessions \$100/\$140*

Arthur Child w/ Tiana @ ACCC 7:00-7:45am
8 sessions "Intro to Weightlifting" \$130/\$150*

Minimum 4 people required.
You may also set up your own group of four and email us to
set up an alternate time.

***PG member discount/Non-Member fee**

PG members please use discount codes in class description to
receive your discount.

Visit www.pulsegenerator.ca to register.

