

**10 Session Group Pass: \$150+Tax**  
**2 Month Expiry**  
**6 Session Small Group \$120+Tax**  
Call for Small Group PT Options



**604.993.1888**  
**1495 Bonniebrook Heights Road**  
**Gibsons**  
[www.oasistraining.ca](http://www.oasistraining.ca)

# NOVEMBER 2019 - GROUP SCHEDULE

Classes open for drop-in if space permits. Drop-in Cost is \$20 for Regular Classes, \$25 for Small Group PT

**\*Space is Limited - Please CONFIRM ATTENDANCE - 12 hr Cancellation Policy**

## MONDAYS

**9:30am** Cardio / Strength Circuit - Heather  
**4:30pm** 30/30 - Spin/Stretch - Colleen  
**5:30pm** Small Group Personal Training - Colleen

## TUESDAYS

**8:30am** Small Group Personal Training - Heather  
**5:30pm** Small Group Personal Training - Colleen  
**5:30pm** Cardio / Strength Circuit - Ben

## WEDNESDAYS

**9:30am** Cardio / Strength Circuit - Heather  
**4:30pm** CORE Strength/Balance - Colleen  
**5:30pm** Small Group Personal Training - Colleen

## THURSDAYS

**8:30am** Small Group Personal Training - Heather  
**5:30pm** Small Group Personal Training - Colleen  
**5:30pm** Cardio Strength Circuit - Ben

## FRIDAYS

**9:30am** Cardio / Strength Circuit - Heather  
**4:30pm** 30/30 Spin/Stretch - Colleen  
**5:30pm** CARDIO Kickboxing - Ben

## SATURDAYS

**8:00am** Small Group Personal Training - Colleen  
**9:00am** Small Group Personal Training - Colleen  
**9:00am** Myofascial Release Class - Heather  
**10:00am** Myofascial Release Class - Heather

**\*Create your own group with a friend or a few! Call to book! 604.993.1888**