



* All courses are at Alchemy Centre: Suite 201, 431 Mountain Hwy, North Vancouver

Fitness Theory Distance Education with 10 hour tutorials:

April: Thurs Apr 20: 6-10 pm, Sat Apr 22nd: 10-5 pm

May: Thurs May 25: 6-10 pm, Sat May 27th: 10-5 pm

June: Thurs June 22: 6-10 pm, Sat June 24th: 10-5 pm

July: Tues July 18: 5-10 pm, Thurs July 20th: 6-10 pm

Aug: Tues Aug 29: 6-10 pm, Thurs Aug 31: 6-10 pm

Fee: \$399 + GST

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=6DYZ426D5HMNE

Aquafit:

April: Weds April 19 & Fri April 21st: 6-10 pm & Sunday April 23rd: 10-5

June: June 15, 16 & 18th – go to UBC Aquatic website for details

July: Weds July 12th: 6-10 pm, Friday July 14th: 6-10 pm, Sunday July 16th: 9-5:30 pm

Aug: Thurs Aug 24, 25 & 27th – go to UBC Aquatic website for details.

Fee: \$425 + GST

https://www.paypal.com/cgi-bin/webscr?cmd=_s-click&hosted_button_id=EGL9XK2W2QQ5W

Group:

May: Weds May 3rd: 5-10 pm, Friday May 5th: 6-10 pm, Saturday May 6th: 9 am - 5pm

Sept: Thursday Sept 7th: 6-10 pm, Friday Sept 8th: 6-10 pm, Sunday Sept 10th: 9 am- 5 pm

Fee: \$425 +GST

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=HPL8C39FAPK3J

Weight training:

May: Weds May 24th: 6-10 pm, Friday May 26th: 6-10 pm, Sunday May 28th: 9-5:30 pm,

Weds May 31st: 6-10 pm

July: Weds July 12: 6-10 pm, Fri July 20th: 6-10 pm, Sat July 15th: 9- 5:30pm, Weds July 19th: 6-10 pm,

Friday July 21st: 6 - 10pm

Fee: \$550 +GST

https://www.paypal.com/cgi-bin/webscr?cmd=_s-click&hosted_button_id=XE4CQH967TWC

Personal Training

August: Weds Aug 9th: 5-10 pm, Friday Aug 11th: 5-10 pm, Sunday Aug 14th: 9-4 pm, Weds

Aug 23rd: 5-10 pm, Friday Aug 25th: 5-10 pm, Weds Aug 20th: 5-10 pm

Fee: \$750 +GST

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www.phys-x.ca