



Post Xmas Blitz = ARC Appreciation (2 weeks only)

Dec 27th - Jan 7th, 2012 (prices below)

ARC Post Xmas Blitz Schedule (all classes are 75min)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
7:15AM		Athletic Strength + Rolling		CATT + Balanced Flex		
9AM	CATT + Roll it Out	PowderFit + Balanced Flex		ARC 360 Goes Group + Balanced Flex	Suburban Pretox (Starting Jan 13 th)	
6PM						

Note*the Boxing week (Jan 27th – 31st) schedule will be 9am Tues, Thur & Fri only

To register, please contact Jessica at jessica@arctraining.ca

Responding to this email will not guarantee registration.

Coming Next Week “Suburban PreTox”. The weekend, wine & cheat foods are almost here. You might as well earn it 😊.

What to Expect

A training program scientifically developed by one of North America's premier trainers & fitness presenters... 1 instructor to every 10 participants; state of the art training equipment & instruction... bumpin tunes... welcoming but focussed training environment... constant motivation and technique correction... combination of functional strength and cardio conditioning.

Stations -lots of them- You'll have 60 seconds to do as many quality reps of each activity before moving onto the next. We give you a generous 20 seconds to rest, move on. Repeat the process til you're back to where you started and can't move anymore. Sound awesome? It is.

We promise you will feel amazing and unlike many circuit classes, your body will thank you for it...eventually.



If you require further information on any of the ARC programs visit <http://www.arctraining.ca>

Adult Xmas Blitz (Dec 27th - Jan 7th = 2wks) Pricing

PowderFit, CATT, ARC 360°, Athletic Strength, Gauntlet + P2P add on

- ARC 2 Week *Membership (come as much as you can handle)
 - All in = \$50 + Hst = \$56
 - Drop in = \$15

*all Post Xmas Blitz memberships expire on Jan7th, 2012. Attendance is subject to availability. Class schedules may change due to attendance. These offers are not transferable, & will not extended past Jan7th, 2012.

Give the Gift of ARC: if you are looking for a last min stocking stuffer, I have just the gift for you. For anyone **new** to ARC (includes anyone who hasn't trained in the 2011 calendar yr)

1. 4 small group sessions + nutrition manual \$50+HST (Regularly \$110).
- 10 PT sessions + P2P assessment \$450 + hst (regularly \$70 / session)

To register for the Post Xmas Blitz, email jessica@arctraining.ca with your class request. Cancellations, make-ups, and drop-ins are all welcome via sign-up at the ARC facility.