



Suburban Pretox



What every'body' needs before the weekend

What: A workout to rejuvenate the body and mind
Where: ARC PT Systems - 14600 20th Avenue
When: Every Friday morning at 9:00am

WHAT TO EXPECT

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

We promise you will feel amazing and your body will thank you for it....eventually.

Pricing

Drop in: \$20 per session
 5 punch card: \$89.60
 10 punch card: \$145.60

Prices include HST

Registrant Information

Name: _____

Email: _____

Phone: _____

www.arctraining.ca

Come join us as we 'P' repair for the weekend at Suburban Pretox – every Friday at 9:00 am.



SUBURBAN PRETOX
 Contact: jordan@arctraining.ca
 Location: 14600 20th Avenue

Name: _____



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