



Winter 2012: Jan 9th to March 3rd (prices below)

ARC Schedule (all classes are 75min)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
7:15AM		Athletic Strength + Rolling (no classes boxing week)		CATT + Balanced Flex		
9AM	CATT + Roll it Out	PowderFit + Balanced Flex		ARC 360 Goes Group + Balanced Flex	Suburban Pretox + Roll it Out	
6PM			Athletic Strength + P2P Integration			

To register, please contact Jessica at jessica@arctraining.ca
Responding to this email will not guarantee registration.

Suburban PreTox – a preemptive strike against the weekend

- 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 & focussed training environment
- Constant motivation, weekly challenges and technique correction
- 60 min of functional strength and cardio conditioning in 60 seconds circuit format
- 15 min of rolling and myofascial release
- Video support of the training program. The entire circuit will be videotaped and available for viewing before you start your class.
- A lot of sweat and a supercharged calorie burning metabolism for hours after your done.

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



ARC Prepare to Perform (P2P) Training & Myofascial Therapies “Injury proof your body today”

At ARC we are known for challenging people beyond their current limits. To be honest, we are proud of that stigma. But, we are equally proud of our ability to injury proof our participants. The Month of Jan is all about injury proofing, therefore allowing you to **PERFORM** in life and sport:

Many of you may not be aware but both Shelley and I have credential in and experience with Myofascial massage. As well Shelley, recently completed her Level 1 Myofascial Stretch Therapy and has over 100hr experience delivering this therapy. If you haven't tried a session w her you really should. It is very relaxing, extraordinarily therapeutic and can be combined with a P2P assessment, Muscle Activation Techniques (MAT) & myofascial / trigger point massage to ensure you are able to perform at work, play or sport.

To book an appointment contact Shelley (Shelley@arctraining.ca) or I (chad@arctraining.ca) directly.

Winter 2012 (Jan 9th to March 3rd = 8 wks) 4 & 8 wk Pricing

*all winter memberships expire on Mar 3rd, 2012. Attendance is subject to availability. Class schedules may change due to attendance. These offers are not transferable, & will not extended past Mar 3rd, 2012

All-In 4 wk Membership (\$178 + Hst = \$199.36, 2nd member of family add 150+hst = \$168.00)

All-In 8wk Membership (\$330 + Hst = \$369.60, 2nd member of family add 280 hst = \$313.60)

All classes at any time (add \$80+hst for nutritional assessment & 3 day eating program)

CATT, Athletic Strength, ARC 360 (75 min formats)

- ARC 4 & 8 Week 2x / Week Membership

4week \$160+Hst = 179.20

4 week \$150+Hst = \$168.00 for 2nd family member

8 week \$300+Hst = \$336

8 week \$260+Hst = \$291.20 for 2nd family member

- ARC 4 Week 1x / Week Membership

4 week \$88+Hst = \$98.56

8 week \$165+Hst = 184.80

- Drop in = \$30 (no tax)

Suburban Prettox (60 min + rolling).

- ARC 4 Week 1x / Week Membership

\$112 + HST = \$125.44 (includes 15 min of rolling)

- ARC 8 Week 1x / Week Membership

\$66 + HST = \$73.92 (includes 15 min of rolling)

- Drop in = \$20 (no tax)



Give the Gift of ARC: if you are looking for a last min or healthy gift option, we have an awesome January promotion. For anyone **new** to ARC (includes anyone who hasn't trained in the 2011 calendar yr)

1. 4 small group sessions + nutrition manual \$60+HST (Regularly \$110).

 - 10 PT sessions + P2P assessment \$550 + hst (regularly \$70 / session)

To register for Winter 2012, email jessica@arctraining.ca with your class request. Cancellations, make-ups, and drop-ins are all welcome via sign-up at the ARC facility.