

PISE SUMMER 2020 PROGRAMS

MEMBERS
RECEIVE

20% OFF

PROGRAMS
AT PISE**



With re-activation of 4-month, 8-month or 1-year paid membership

STRENGTH & CONDITIONING

RETURN TO STRENGTH & CONDITIONING

Jul 13 – Aug 26 | M & W

5:30 – 6:30PM | 13/\$195

(No class Aug 03)

Registration: #5630



STRENGTH & CONDITIONING 55+

JULY SESSION

Jul 13 – 27 | M

8:15 – 9:30AM | 3/\$48

Registration: #5618



AUGUST SESSIONS

Aug 10 – 24 | M

8:15 – 9:30AM | 3/\$48

Registration: #5687



THRESHOLD CONDITIONING

Jul 14 – Aug 25 | Tu

5:30 – 6:30PM | 7/\$105

Registration: #5694



WOMEN ON WEIGHTS

JULY SESSIONS

Jul 14 – 28 | Tu

6:45 – 8:00PM | 3/\$48

Registration: #5622



Jul 15 – 29 | W

8:15 – 9:30AM | 3/\$48

Registration: #5689

Jul 16 – 30 | Th

6:45 – 8:00PM | 3/\$48

Registration: #5691



AUGUST SESSIONS

Aug 4 – 25 | Tu

6:45 – 8:00PM | 4/\$64

Registration: #5688



Aug 5 – 26 | W

8:15 – 9:30AM | 4/\$64

Registration: #5690

Aug 6 – 27 | Th

6:45 – 8:00PM | 4/\$64

Registration: #5692



KEY



New program



New start time

ACTIVE LIVING

BOOTCAMP

JULY SESSIONS

Jul 13 – 27 | M

6:45 – 7:45PM | 3/\$45

Registration: #5598

Jul 8 – 29 | W

6:45 – 7:45PM | 3/\$45

Registration: #5685

AUGUST SESSIONS

Aug 10 – 24 | M

6:45 – 7:45PM | 3/\$45

Registration: #5684

Aug 5 – 26 | W

6:45 – 7:45PM | 4/\$60

Registration: #5686

PISE HIIT

JULY SESSIONS

Jul 16 – 30 | Th

5:30 – 6:15PM | 3/\$42

Registration: #5614

AUGUST SESSION

Aug 6 – 27 | Th

5:30 – 6:15PM | 4/\$56

Registration: #5693

YOUTH PROGRAMS

CAMOSUN CHARGERS HIGH PERFORMANCE GIRLS' VOLLEYBALL (ages 16 – 18)

AUG 31 – SEPT 4 | M – F

1:30 – 4:30PM | 4/*\$150 (\$165)

Registration: #5525

CAMOSUN CHARGERS HIGH JR. GIRLS' VOLLEYBALL CAMP (ages 12 – 16)

AUG 31 – SEPT 4 | M – F

9:00AM – 1:00PM | 4/*\$150 (\$165)

Registration: #5526

CARMANAH GIANTS - VOLLEYBALL SKILLS FOR TALL PEOPLE

Aug 24 – 28 | M – F

5:00 – 8:30PM | 5/*\$170 (\$185)

Registration: #5594

ACTIVE GIRLS (ages 11 – 14)

Aug 4 – 7 | Tu – F

9:00 – 4:00PM | 4/*\$164 (\$179)

Registration: #5523

Didn't find the right fit for your schedule?

Take a look at Just for You:

You and 2 to 6 friends tell us when and what and we will provide where and how.

Learn more at [PISE.ca/just-for-you](https://www.pise.ca/just-for-you)

**For complete details and conditions, phone the Welcome Desk on Level 1.