

PISE 2021 PROGRAMS

**MEMBERS RECEIVE 20% OFF
PROGRAMS AT PISE***

* With a 4-month membership



BOOT CAMP

Option 1
Nov 1-Dec 13 | M
6:05-7:05AM | \$105
Registration: #6183

Option 2
Nov 1-Dec 13 | M
6:45-7:45PM | \$105
Registration: #6185

Option 3
Nov 3-Dec 15 | W
6:45-7:45PM | \$105
Registration: #6187

Option 4
Nov 4-Dec 16 | TH
5:00-6:00PM | \$90
Registration: #6189
*No class Nov 11

Option 5
Nov 3-Dec 15 | W
6:05-7:05AM | \$105
Registration: #6212

SUPER CYCLE

Option 1
Nov 2-Dec 14 | TU
6:30-7:30PM | \$105
Registration: #6192

Option 2
Nov 3-Dec 15 | W
5:30-6:30PM | \$105
Registration: #6193

THRESHOLD CONDITIONING

Nov 2-Dec 14 | TU
5:00-6:00PM | \$105
Registration: #6200

STRENGTH & CONDITIONING 55+

Option 1
Nov 2-Dec 14 | TU
4:45-6:00PM | \$112
Registration: #6194

Option 2
Nov 4-Dec 16 | TH
7:15-8:30AM | \$96
Registration: #6195
*No class Nov 11

Option 3
Nov 4-Dec 16 | TH
4:45-6:00PM | \$96
Registration: #6196
*No class Nov 11

Option 4
Nov 6-Dec 18 | SA
9:00-10:15AM | \$112
Registration: #6197

Option 5
Nov 2-Dec 14 | TU
7:15-8:30AM | \$112
Registration: #6213

Option 6
Nov 6-Dec 18 | SA
7:30-8:45AM | \$112
Registration: #6259

DRIVE JUNIOR ONLINE

(14 years+)

\$99/month

Registration:

<https://www.pise.ca/drive/>

WOMEN ON WEIGHTS

Option 1
Nov 1-Dec 13 | M
7:15-8:30AM | \$112
Registration: #6202

Option 2
Nov 1-Dec 13 | M
5:15-6:30PM | \$112
Registration: #6203

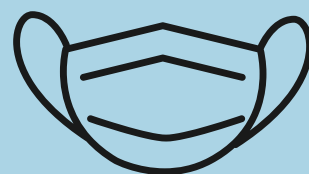
Option 3
Nov 3-Dec 15 | W
7:15-8:30AM | \$112
Registration: #6204

Option 4
Nov 5-Dec 17 | F
7:15-8:30AM | \$112
Registration: #6205

ADAPTED STRENGTH AND CONDITIONING

Option 1
Nov 3-Dec 15 | W
7:30-8:45PM | \$49
Registration: #6214

Option 2
Nov 6-Dec 18 | Sa
11:00-12:15PM | \$49
Registration: #6182



**Masks required
while transitioning
between exercise
stations**



DROP-IN

**Please check with
the Front Desk
about drop-ins for
programs**

Programs
exclude GST



250.220.2510



WWW.PISE.CA



IN PERSON