

PISE JAN -FEB 2022 PROGRAMS

MEMBERS RECEIVE 20% OFF PROGRAMS AT PISE*

* With an General Public Annual Membership



BOOTCAMP

Option 1
Jan 10-Feb 28 | M
6:05-7:05AM | \$105
Registration: #6221

Option 2
Jan 10-Feb 28 | M
6:45-7:45PM | \$105
Registration: #6222

Option 3
Jan 12-Feb 23 | W
6:05-7:05AM | \$105
Registration: #6225

Option 4
Jan 12-Feb 23 | W
6:45-7:45PM | \$105
Registration: #6223

Option 5
Jan 13-Feb 24 | TH
5:00-6:00PM | \$105
Registration: #6224

DRIVE: SENIOR/MASTER

Jan 11-April 28 | TU/TH
6:30-7:30PM | \$450
Registration: 6239
*No class Feb 21

DRIVE: JUNIOR (14 years+)

Jan 11-April 28 | TU/TH
6:30-7:30AM | \$480
Registration: 6238
*No class Feb 21

DRIVE JUNIOR ONLINE (14 years+)

\$99/month
Registration:
<https://www.pise.ca/drive/>

STRENGTH & CONDITIONING 55+

Option 1
Jan 11-Feb 22 | TU
7:15-8:30AM | \$112
Registration: #6232

Option 2
Jan 11-Feb 22 | TU
4:45-6:00PM | \$112
Registration: #6228

Option 3
Jan 13-Feb 24 | TH
7:15-8:30AM | \$112
Registration: #6229

Option 4
Jan 13-Feb 24 | TH
4:45-6:00PM | \$112
Registration: #6230

Option 5
Jan 15-Feb 26 | SA
9:00-10:15AM | \$96
Registration: #6231
*No class Feb 20

SUPER CYCLE

Option 1
Jan 12-Feb 23 | W
5:30-6:30PM | \$105
Registration: #6227

WOMEN ON WEIGHTS

Option 1
Jan 10-Feb 28 | M
7:15-8:30AM | \$112
Registration: #6234

Option 2
Jan 10-Feb 28 | M
5:15-6:30PM | \$112
Registration: #6235

Option 3
Jan 12-Feb 23 | W
7:15-8:30AM | \$112
Registration: #6236

Option 4
Jan 14-Feb 25 | F
7:15-8:30AM | \$112
Registration: #6237

THRESHOLD CONDITIONING

Jan 11-Feb 22 | TU
5:00-6:00PM | \$105
Registration: #6233

ADAPTED STRENGTH AND CONDITIONING

Option 1
Jan 12-Feb 23 | W
7:30-8:45PM | \$49
Registration: #6219

Option 2
Jan 15-Feb 26 | Sa
11:00-12:15PM | \$42
Registration: #6220
*No class Feb 20

Please remember to bring proof of vaccination and one piece of valid government issued photo ID.

Programs exclude GST



Masks required while transitioning between exercise stations



DROP-IN

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



250.220.2510



WWW.PISE.CA



IN PERSON