

OPEN HOUSE!

SEPTEMBER 12TH 2009

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Time	Conditioning Room	A.C Studio	Pilates Studio
9:00 A.M.		Pilates (MAT) DRESSAGE RIDERS TRIAL CLASS (60 MIN)	SPIN (30 MIN) OPEN TRIAL CLASS
9:45 A.M.	"Hurts So Good" BOOTCAMP DEMO!		SPIN (30 MIN) TRIAL CLASS SYNCHRO SWIM
10:15 A.M.		Pilates (MAT) SYNCHRO SWIM TRIAL CLASS (60 MIN)	SPIN (60 MIN) DANCE PAIRS
10:45 A.M.	JUNIOR STAR (30 MIN) FITNESS CLASS		<div style="border: 1px solid black; padding: 5px; text-align: center;"> PARTICIPATE OR STOP BY TO CHECK OUT WHAT'S GOING ON! FREE TRIAL CLASSES TODAY ONLY! </div>
11:15 A.M.	COME IN TO WATCH YOUR CHILD PARTICIPATE IN THEIR REGISTERED FITNESS CLASS	Pilates (MAT) DANCE PAIRS (60 MIN) TRIAL CLASS	
11:20 A.M.		<div style="border: 1px solid black; padding: 5px; text-align: center;"> DEMONSTRATIONS, HANDOUTS AND REGISTRATION FOR FALL CLASSES! </div>	SPIN (45 MIN) OPEN TRIAL CLASS
11:30 A.M.	JUNIOR STAR (30 MIN) FITNESS CLASS		
12:15 P.M.		Shining Star Athletics Superstar (30 MIN) DEMO	SPIN (30 MIN) SR STAR TRIAL CLASS
12:30 P.M.	INTER. STAR (45 MIN) FITNESS CLASS		
12:45 P.M.		Pilates (MAT) for SR STAR (45 MIN) TRIAL CLASS	
145 P.M.		Pilates (MAT) KWSC PARENTS (30 MIN) TRIAL CLASS	REFORMER TRIAL CLASS (30 MIN) DEMO CLASS (30 MIN)
2:45 P.M.	JUNIOR COMP DEV. FITNESS CLASS (45 MIN)	Shining Star Athletics Mini-Stars (30 MIN) DEMO/PARTICIPATE	
3:30 P.M.		Shining Star Athletics Superstar (30 MIN) DEMO	

handouts registration information

Pilates and Spin Contact: Stephanie Moore pilates.revolutionized@gmail.com

Shining Star Athletics Contact: Katelin Montagano www.shiningstarathletics.ca

Fitness Class Contact: KWSC www.kwsc.org

Bootcamp Contact: Marni Lee www.hurtssogood.ca