

# NEW Schedule



**DROP-IN CLASS RATE** \$13\*

\$13.00 Drop-in Single Class

\$12.00 Drop-in Students

**8 SESSION PUNCH CARD** \$92\*

6-month expiry

**MONTHLY MEMBERSHIP** \$40\*

(3 MONTH MINIMUM)

Unlimited classes every month!

FREE Towels

FREE pass for friend new to studio once monthly

FREE Monthly Session in the Oceana Spa Capsule

New to BE Fit & Wellness Studio? Enjoy 1-month of Unlimited classes for only \$50! Sign up for a 1-month trial and try our classes, meet our friendly staff and terrific instructors. Available to first time clients only. Terms and conditions apply.

*\*Price does not include GST.*

## February 2018

<b>Monday</b>	<b>5:30-6:30 PM</b>	<b>Gentle Yoga</b>	<b>Gillian</b>
<b>Tuesday</b>	<b>5:00-6:00 PM</b>	<b>Barre</b>	<b>Brook</b>
<b>Wednesday</b>	<b>5:30-6:30 PM</b>	<b>Warm Yoga Flow</b>	<b>Cynthia</b>
<b>Thursday</b>	<b>6:30-7:30 PM</b>	<b>Yoga Fit</b>	<b>Cynthia</b>
<b>Friday</b>	<b>6:00-7:00 PM</b>	<b>Core Fitness</b>	<b>Brook</b>

**For More Information Call 250.964.7337**

**[www.bodyelements.ca](http://www.bodyelements.ca)**