



Pinnacle Sports Development

Summer Adult Class Schedule

SKATES AND WEIGHTS

The program will be offered to parents of tot hockey with Coach Gus. Sessions are during the time that the kids are on the ice. The class will focus on overall general health development with stability ball training and weights.

Session 3–June 15 to August 3 (8 weeks)

Tuesday or Thursday 10:30am - 11:15am

Cost: \$68

PINNACLE BOOT CAMP

A 50 minute workout of intense training for the on-the-go business professional. This class meets twice a week to keep your fast-paced day moving toward better health. The class incorporates multi-functional exercises that push your body to the limits in nonstop, heart pumping action.

Session 3–May 17 to June 23

Session 4–July 6 to August 11

Mon/Wed 5:30pm - 6:20pm

Cost: \$95

LAST TEN POUNDS CLUB

Having trouble losing those last ten pounds? This class will help you understand and push your body past the hump to lose those hard to lose "LBs". With the combination of cardio, weight training and the group's support, we will have you ready for that summer vacation with the new and improved you.

Session 3–May 18 to June 24

Session 4–July 7 to August 12

Tues/Thur 5:30pm - 6:30pm

Cost: \$95

EARLY MORNING SHAPE UP

Complete body circuit training to help get your weekend started right. The program is a fast-paced total body workout that is achieved in 50 minutes. All major muscles are targeted for general health and everyday functional movements.

Session 3–July 10 to August 14

Saturday 8:30am - 9:30am

Cost: \$54

Class sizes are limited.
Register today in person or online at

www.leafsicecentre.com



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