

**BOOT CAMP!**

**EXPLOSIVE  
POWER**

**INTENSE**

**AMAZING**

# Boot camp: Field Fitness for Adults (16yrs+)

## Fairview Park, 345 Blue Haven, DDO

**Day time: Tuesdays & Thursdays 9:15am- 10:15am**

**Evenings: Tuesdays & Thursdays 7:15pm- 8:15pm**

Intense exercise - be ready to work!

Hurtles, reaction drills, explosive power & more!

Medicine balls, parachute runs, BOSU's & more!

Yes, we will teach you what to do ...

and then you do it! Again, again and again!

The results of this training is **AMAZING!**



Bring your water bottle, you are going to need it!

Activity Fee Structure

1st child from the same family

- 1x/week = \$125 plus tax

- 2x/week = \$215 plus tax

2nd child from same family

- Add \$50 1x/wk

- Add \$45 2x/wk

Adult fee structure:

- 1x/week = \$145 plus tax

- 2x/week = \$250 plus tax

- 3x/week = \$300 plus tax

- 4x/week = \$384 plus tax

Registration: 8 week session

Starting week of June 28th

Ending August 26, 2010

Call: (514) 947-0196

Montreal Muscle Activation

# Yoga in the Park - Fairview Park, DDO

**Tuesdays & Thursdays 8am—9am**

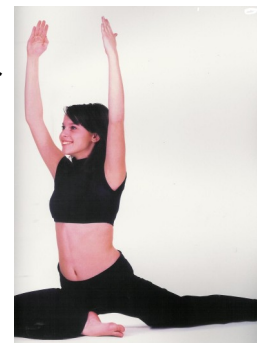
Calm, relaxing, lengthening & strengthening!

Bring nature, community, families and spirit together for an incredible experience!

Develop balance, co-ordination and tone.

Yoga in the Park! Fairview Park.

Parents with children (8 years +) are welcome.



**All programs are 8 week sessions**

**Starting week of June 28th , ending August 26, 2010**

**Register BEFORE June 1st, 2010 and save 10% off registration fees**

Register in person at Fairview Chalet (345 Blue Haven, DDO) Friday May 7th, 4-8pm

Or mail registration to Montreal Muscle Activation 346 Blue Haven, DDO H9G 1S6

Call: (514) 947-0196 Montreal Muscle Activation

Registration forms & instructions: [www.mtlmuscleactivation.com](http://www.mtlmuscleactivation.com)