

Victoria Park

Circuit Training and Small Groups *Entraînement en circuit, et Petit groupes*

Session Automne | Fall Session

Circuits and Small Groups

Train like the pros with our experienced experts!

The next best thing to private training:
Small groups combine the cost-benefit of group fitness with the benefits of personal training.

MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI	SUNDAY DIMANCHE
			9:30-10:30 Cardio Sculpt Joanna			
					11:00 - 12:00 THAI BOX Stephane	11:00 - 12:00 Box Condition Wayne
12:00 – 1:00 Xtreme Fit Haskel		12:00-1:00 Xtreme Fit Haskel		12:00-1:00 Hard Core Sebastien		
	5:00 - 6:00 JR Fighters Wayne		5:00 - 6:00 JR Fighters Wayne			2:00 - 3:00 JR Fighters Wayne
6:00 to 7:00 THAI BOX Stephane	6:00 - 7:00 BOXING FIT Wayne	6:00 to 7:00 THAI BOX Stephane	6:00 - 7:00 BOXING FIT Wayne			

Meet in The Ring

Meet on Athletic Training Centre floor

REGISTRATION:

Call our friendly Front Desk to reserve your spot in any of our circuits, up to 1 month before!
Please note the Victoria Park cancellation policy applies to all circuits, semi-privates and private sessions.



376 Victoria Avenue, 3rd Floor | 514.488.5182
www.vicpark.com

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Victoria Park Health Club: 514.488.5182 | Reserve by email at class@vicpark.com

SMALL GROUP CIRCUITS RATES \$ | TAUX CIRCUITS \$

MEMBER RATES	GUEST RATES
THE RING – Boxing Room	
Boxing Group Drop-in: \$25/session	\$30/session
Boxing Group 10-pack: \$20/session (\$200)	\$25/session (\$250)
Boxing Private 60 minutes: \$60/session	\$65/session
Boxing Private 60-minute 10-pack: \$55/session (\$550)	\$60/session (\$600)
Boxing Private 30 minutes: \$35/session	\$40/session
Boxing Semi-Private 60 minutes: \$35/person, up to 3 people	\$40/person, up to 3 people
SMALL GROUP CIRCUITS	
Group Circuit Drop-in: \$40/session	\$50/session
Group Circuit Sessions 5-pack: \$35/session (\$175)	\$45/Session (\$ 225)
Group Circuit Sessions 10-pack: \$30/session (\$300)	\$42/session (\$ 420)
Group Circuit Sessions 30-pack: \$25/session (\$750)	\$40/session (\$1,200)

CANCELLATIONS: Please cancel at least 24 hours in advance or the full session will be charged.
ANNULATIONS: Veuillez annuler 24 heures à l' avance ou la session complète devra être chargée.

Cardio Sculpt Joanna	Maximize the effort you dedicate to you training. Combining resistance training and high intensity cardio interval training, you are sure to find this a challenging workout. Not recommended for beginners.
Boxing Wayne/Stephane	Conditioning: Circuits of shadow boxing, cardio training, and Bag work, and combination drills Technical: Circuits of focus pad work, defense work, footwork, and mastering the punching basics.
Xtreme Fit Haskel	Where resistance training meets cardio vascular challenges, creating a metabolic burst in the participants. Increase your metabolism today!



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