

bao+FIT

SEMI-PRIVATE TRAINING

UNLIMITED ACCESS
 (bao+fit classes only) 2/ week annual plan
 members \$99/month ^{+HST}
 non-members \$149/month ^{+HST}

DROP IN CLASS
 members \$15/class ^{+HST}
 non-members \$25/class ^{+HST}

10 SEMI PRIVATE SESSIONS
 must be used within 3 month of purchase
 members \$120 ^{+HST}
 non-members \$149 ^{+HST}

MORNING CLASSES

EVENING CLASSES

	M	T	W	Th	F	S
		ULTIMATE BOOTCAMP 6-7am +jenn		ULTIMATE BOOTCAMP 6-7am +jenn		
						ULTIMATE BOOTCAMP 8-9 am + bhav
	BOOTCAMP 9:30-10:30 + andrea				BOOTCAMP 9:30-10:30 + andrea	ULTIMATE BOOTCAMP 9-10am + bhav
	ULTIMATE BOOTCAMP 7-8pm + tyler	KETTLEBELL 7-8pm + ebi	ULTIMATE BOOTCAMP 7-8pm + daniel	KICKBOXING 7-8pm + tyler		

THE BAO+FIT CLASSES

BAOFIT ULTIMATE

Using all forms of BAOfit programs: Kick Boxing, Kettle Bells, Boot Camp, and Suspension, this super charged class gives you the ultimate workout that's fun and you never know what's next.

BOOTCAMP

Safer, better & more practical/complete than "bargains" conducted in parks, basements, or dusty, musty, out-of-the-way "facilities". Very old school. Very gym class. Very functional fitness.

KICK BOXING

Our most aggressive (& cardiovascular) elite class. Kick, punch, knee & elbow your way to superior focus, reaction, perception & coordination.

KETTLE BELL

With kettle bells, you can have it all: speed, strength, stamina & stability. But only with qualified instruction. Which is why you'll love our elite classes & expert coaches. Unleash your power.

+revised March 2021

All sessions are held in the BAO+fit training studio, are approximately 60 minutes and have a maximum of 10 participants per session

*Additional fees may apply, just inquire at the front desk

These programs are designed to deliver exceptional results - like nothing else. Every program has modifications so anyone can participate regardless of their fitness level. All sessions require clearance from our Fitness Director or the Bao+fit coordinator to participate

905.877.0771
 232 A GUELPH STREET, GEORGETOWN