

## REGISTRATION FORM

To avoid disappointment, please register early

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

Home

Work

Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Baby's name: \_\_\_\_\_

Birth date: \_\_\_\_\_

How did you hear about our classes?

Brochure       Friend       other



Rates:

10 weeks of 1 class per week for \$170.00 plus GST.

Please make cheque/money order payable to:

**Isus Fitness Ltd.**

3668 West Broadway

Vancouver, BC V6R 2B7

Tel: 604-312-3814

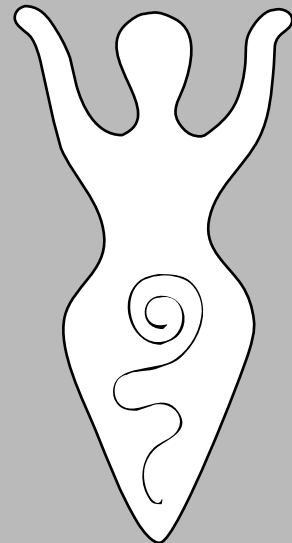
Fax: 604-943-6436

**Refund Policy:** *Fee is non-refundable except for medical reasons or other extenuating circumstances. Application for refund must be in writing.*

# Bare Fit and Pregnant

## Hard Core Mommies

### ISUS FITNESS





## Exercise . . .

. . . helps return your body to its  
pre-pregnancy shape

## Join Us . . .

Hard core mummies classes are designed for  
the women who want more of a challenge.

The evening classes allow for you to work out  
without your wee ones.

However if you need to bring your child or  
children it is acceptable and kid safe.

Be prepared to work hard and get results.

## Times Offered

Wednesdays at 5:00 pm

Fridays at 6:30 pm and 7:30 pm

## All Fitness Levels Welcome!

### Class Presented by:

**Susi Kerr**, BA (PHED)

ACE Certified Personal Trainer

IDEA Elite Trainer

Co-author of *Fit to Deliver* Prenatal Fitness  
Program

15 years of experience

Women of Distinction nominee 2004

Produced first prenatal fitness DVD

Bare Fit and Pregnant, March 2005

Mother of Dylan

For More Information call

604-312-3814