



Exercise . . .

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

Join Us . . .

Our 1-hour sessions cover:

- Aerobics classes
- Strength training
- Walk/jogging
- Fun drills
- A chance to meet other moms
- Camaraderie

Times Offered

Monday at 10:30 am & 12:00 pm

Wednesday at 1:00 pm & 2:30 pm

Friday at 10:30 am & 12:00 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

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:

26 classes for \$264.00 plus GST.

For every referral that you send to the class you receive three bonus classes.

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

Postnatal Fitness

ISUS FITNESS

