

Stronger Today Than Yesterday

Evolve Fitness by Shelly Ball

evolve

C.O.R.E

Bringing 10 years of Certified Personal Training Experience

Drop In Classes & Open Gym Time				
Punch Card	5 Class Card	10 Class Card	20 Class Card	Purchase Card at the Front Desk
	\$6/Visit	\$5/Visit	\$4/Visit	
Timed Interval Training	\$30 per card	\$50 per card	\$80 per card	
Quarters Class	\$30 per card	\$50 per card	\$80 per card	
Open Gym Time	\$30 per card	\$50 per card	\$80 per card	
<i>Payment: Chqs made out to Shelly Ball, Cash or EMT to shelly@evolvefitness.ca</i>				
<i>Mix & Match any of the above Drop In classes with every Punch Card</i>				

Personal & Small Group Training				
Options	1x / Week	2x / Week	3x / Week	Pay Shelly Directly
One-on-One	\$55 per session	\$45 per session	\$40 per session	
Group of Two	\$60 per group	\$55 per group	\$50 per group	
Group of Three or Four	\$80 per group	\$70 per group	\$60 per group	
Book your 30 min Free Consultation Today!				
<i>Payment: Chqs made out to Shelly Ball, Cash or EMT to shelly@evolvefitness.ca</i>				
E-Mail shelly@evolvefitness.ca to Register for Personal & Small Group Training				

Registration Required Classes				
Class	Class Length	6 Week Session	12 Week Session	Pay Shelly Directly
Dance Fitness	60 mins	\$60	\$100	
Kettlebell, Level 1 Tech	60 mins	\$60	\$100	
Kettlebell, Level 2 Tech	60 mins	\$60	\$100	
Kettlebell, Tabata	60 mins	\$60	\$100	
Kettlebell, Builder	60 mins	\$60	\$100	
Kettlebell, Total Body Burn Out	30 mins	\$30	\$50	
<i>Payment: Chqs made out to Shelly Ball, Cash or EMT to shelly@evolvefitness.ca</i>				
Kettlebell Level 1 & 2 Tech must be completed to participate in Tabata, Builder or Total Body Burn Out				
E-Mail shelly@evolvefitness.ca to Register for Kettlebell Today!				

Child Care Info
Take a class while your child is dancing!! If your child gets out of class before your class is finished, we'll watch them until you're finished!! This service is free until the end of Dec 2016. Enjoy your workout!!

E-Mail Shelly for more information shelly@evolvefitness.ca

