

PACKAGES

VIRTUEL 1	45 \$ (+ taxes)	1 class of your choice
VIRTUEL 2	89 \$ (+ taxes) for 4 weeks	1 class of your choice (for 4 weeks - new video each week - total 4 videos)
VIRTUEL 3	149 \$ (+ taxes) for 4 weeks	2 classes of your choice (for 4 weeks - new video each week - total 8 videos)
VIRTUEL 4	159 \$ (+ taxes) for 4 weeks	3 classes of your choice (for 4 weeks - new video each week - total 12 videos)
VIRTUEL 5	179 \$ (+ taxes) for 4 weeks	UNLIMITED (as per offered schedule)

CLASSES

EXPLORE 10 NEW CLASSES AND FIND YOUR PERFECT FIT!

September 6th to October 17th

STRENGTH & FLEXIBILITY	CHAIR AEROBICS	DANSE TO THE RHYTHM	SIT'N BE FIT!	CHAIR ZUMBA
Moderate to high	Moderate to high	High	Moderate	Moderate to high
60 minutes	60 minutes	45 minutes	30 minutes	30 minutes

October 18th to November 28th

BALANCE & MOBILITY	MORNING CARDIO	POWER UP YOUR PELVIS	SELF-MASSAGE & RELAXATION	DANSE EXERCICE
High	High	Moderate	Moderate	Moderate
60 minutes	60 minutes	30 minutes	30 minutes	30 minutes

INTENSITY LEGEND	
Moderate	- Class given on chair
Moderate to high	- Class given on chair and/or standing
High	- Class given standing

PLEASE SEND YOUR SUGGESTIONS TO INFO@WEBOR.CA