

Heartbreaker

dance & fitness

541A - 3RD ST SE
MEDICINE HAT, AB
(403)952-6191



Starting March 8, 2010
8 week schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am- 6:40am	6AM Boot Camp	6AM Boot Camp	6AM Boot Camp	6AM Boot Camp	6AM Boot Camp		
9:15am-10:05am	Bikini Maintenance FREE Childcare!	Bikini Maintenance FREE Childcare!	Bikini Maintenance FREE Childcare!	Bikini Maintenance FREE Childcare!	Bikini Maintenance FREE Childcare!		
10:15am-11:05am	NEW!!! Boot Camp With FREE Childcare!	NEW!!! Boot Camp With FREE Childcare!	NEW!!! Boot Camp With FREE Childcare!	NEW!!! Boot Camp With FREE Childcare!	NEW!!! Boot Camp With FREE Childcare!	10:00am-10:50am Co-ed Boot Camp	10:00am-10:50am HardCore Abs
11:15am-12:00pm	NEW!!! Boot Camp With FREE Childcare!	NEW!!! Boot Camp With FREE Childcare!	NEW!!! Boot Camp With FREE Childcare!	NEW!!! Boot Camp With FREE Childcare!	NEW!!! Boot Camp With FREE Childcare!	11:00am-11:50am Ball Fit/BOSU	11:00am-11:50am Foxy Boxing
12:10pm-12:50pm	Ripped	Ripped	Ripped	Ripped	Ripped		
4:40 - 5:10	F.I.T. <i>Cardio</i>	F.I.T. <i>Upper</i>	F.I.T. <i>Abs</i>	F.I.T. <i>Lower</i>	F.I.T. <i>Wild Card</i>		
5:15pm-6:05pm	Bikini Maintenance	Bikini Maintenance	Bikini Maintenance	Bikini Maintenance	Bikini Maintenance		
6:15pm-7:05pm	Killer Legs/ HardCore Abs	Bootylicious	ZUMBA	Bootylicious			
7:15pm-8:05pm	Co-ed Boot Camp	Co-ed Boot Camp	Co-ed Boot Camp	Co-ed Boot Camp			
8:15pm-9:05pm	Bikini Maintenance		Bikini Maintenance				

Class Descriptions

The Energy Studio

The Bikini Contest Regular Price \$449.00 (8 week session) Get your \$100.00 off Coupon on-line! Register NOW!!!!

Its *Survivor* meets *The Biggest Loser* in the ultimate challenge. You will get hands on personal training with one of the toughest fitness instructors in the business. You will have a new and exciting class every day, including our famous "Boot"ylicious Camp, Foxy Boxing, Cardio Sculpt, Killer Legs, and even outdoor running is included in your 8week program,(no running in inclement weather) Nutrition plays a big role in the program and one-on-one coaching is essential. Be prepared for your amazing before & after results. The winner of the contest will receive prize packages from Heartbreaker Dance & Fitness as well as other fabulous prizes donated from local businesses in Medicine Hat. Keep your eyes on the ultimate prize-a smoking hot body!

Check out our website for testimonials and before and after pictures!

Next Bikini Contest starts May, 2010. Reserve your spot NOW!

Three time slots to choose from

NEW!!! 6:00am-6:50am Monday to Friday and Bonus weekend Class

9:15am-10:05am Monday to Friday and Bonus weekend Class

5:15pm-6:05pm Monday to Friday and Bonus weekend Class

6:00AM Boot Camp

(1x week for 8 weeks) \$69.00

(2x week for 8 weeks) \$95.00

(3x week for 8 weeks) \$139.00

(4x week for 8 weeks) \$169.00

(5x week for 8 weeks) **All five days \$199.00! (\$4.97/class)**

A real eye opener! This 40 min power packed workout will get you feeling pumped ready to face your day! The cost for the full 8week session is a mere \$6.20/class.

Being able to brag to all your friends that you work out at 6:00am.....priceless!

All levels welcome!

Bikini Maintenance

1x/week \$69.00! (\$8.63/class)

2x/week \$130.00! (\$8.13/class)

3x/week \$183.00! (\$7.63/class)

4x/week \$228.00! (\$7.13/class)

5x/week \$265.00! (\$6.63/class)

915 Monday to Friday Boot camp mix classes with all your favorite classes and instructors!

515 Monday to Friday Boot camp mix classes with all your favorite classes and instructors!

*These classes open to all, but please note, they will be an intermediate to advanced level!

Boot Camp with FREE Childcare!

1x/week \$69.00! (\$8.63/class)

2x/week \$130.00! (\$8.13/class)

3x/week \$183.00! (\$7.63/class)

4x/week \$228.00! (\$7.13/class)

5x/week \$265.00! (\$6.63/class)

Yes, you can get your body back, ladies!

10:15 and 11:15 Monday to Friday Boot camp mix classes with all your favorite classes and instructors! Including Foxy Boxing, Cardio Sculpt, Step Mix, Killer Legs,HardCORE Abs and MORE! You will never have the same class twice!

*ALL LEVELS WELCOME!!

Ripped \$55.00/MONTH Unlimited!

Spend your lunch hour getting ripped. Each day is a fun new workout in our beautiful Energy Studio. A great mix of Abs, Kickboxing, Spin, Cardio and weight training to just name a few! Your week will have a full hot body workout! All fitness levels welcome!

F.I.T

\$149.00 (4x week for 8 weeks)

NEW!!! \$5.00 Fridays!

4:40 Time slot is intermediate to advanced only!

Fitness in thirty minutes, so you can just get it done! A jam-packed 30min of all of the toughest moves for maximum results! Intermediate to advanced level of fitness required, not for beginners.

Bootylicious Camp 1x/week \$69.00 or 2x/week \$119.00!

Marla Patterson, creator of the Heartbreaker Bikini Contest brings you the class that started it all! This is a challenging workout designed for maximum full body results. Weights, bands, cardio and strength moves are utilized throughout the class. It is fast paced, energizing, and creative. This is the hardest, most effective and most fun you will have in a workout class-GUARANTEED!

Not for beginners! Intermediate to advanced only, please!

Killer Legs/HardCore Abs Combo \$69.00 (1x week for 8 weeks)

Its the best of both worlds, a total lower body workout with abs included! A great Beginner to Intermediate class!

Zumba \$69.00 (1X week for 8 weeks)

Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba! In the past years Zumba has become nothing short of a revolution. Coining the concept of fitness-party and making fitness fun, Zumba has spread like wild-fire, and has positioned itself as the single most influential movement in the industry of fitness.

Co-ed Boot Camp

1x/week \$69.00! (\$8.63/class)

SALE! REGULAR PRICE \$130.00 2x/week \$119.00! (\$7.43/class)

SALE! REGULAR PRICE \$183.00 3x/week \$175.00! (\$7.29/class)

SALE! REGULAR PRICE \$265.00 4x/week \$225.00! (\$7.03/class)

Add Saturdays for another \$69.00 or \$10.00 drop in at the door

Now you can work out with your husband, wife, girlfriend, Dad, child... the combinations are endless! Fun workouts with all levels in mind! Everyone welcome!

Ball Fit/BOSU Combo \$69.00 (1x week for 8 weeks)

Build a strong core and learn new and exciting ways to use the balance ball and BOSU core training tool. Our long term certified fitness instructor will give you a great workout with solid results.

Foxy Boxing \$69.00 (1x week for 8 weeks)

Aerobic kickboxing combined with hot music and you've got Foxy Boxing! This class is so popular in the Bikini Contest we had to put it in as a regular class! This class is high energy and fun. You will sweat!

HardCORE Abs \$69.00 (1x week for 8 weeks)

Core conditioning moves, weights, bands and resistance moves are used throughout the workout. Say goodbye to boring old crunches, this is the new way of getting the abs of your dreams! All levels welcome!



Starting March 8, 2010
8 week schedule

Heartbreaker Dance and Fitness 4 YEAR grand Re-Opening Sale! Any class in the Spin Studio only \$40.00!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45 - 7:30	Spin Mix Boot Camp <i>Beginner Spin</i> ONLY \$40.00 1xweek for 8 weeks		Spin Mix Boot Camp <i>Strength Mix</i> ONLY \$40.00 1xweek for 8 weeks		Spin Mix Boot Camp <i>Beginner Spin</i> ONLY \$40.00 1xweek for 8 weeks	
						10:00 - 10:50 Step N Sculpt ONLY \$40.00 1x week - 8 wks
4:30 - 5:20	Fusion <i>cardio</i> ONLY \$40.00 1xweek for 8 weeks	Fusion <i>upper body</i> ONLY \$40.00 1xweek for 8 weeks	Fusion <i>abs</i> ONLY \$40.00 1xweek for 8 weeks	Fusion <i>lower body</i> ONLY \$40.00 1xweek for 8 weeks		11:00 - 11:50 Running Prep and Training ONLY \$40.00 1x week - 8 wks
5:30 - 6:00	Fitness for injury recovery Knees/Ankles/Feet ONLY \$40.00 1xweek for 8 weeks	Fitness for injury recovery Neck/Upper Back ONLY \$40.00 1xweek for 8 weeks	Fitness for injury recovery Hips ONLY \$40.00 1xweek for 8 weeks	Fitness for injury recovery Lower Back ONLY \$40.00 1xweek for 8 weeks		
6:15 - 7:05	Intermediate Boot camp ONLY \$40.00 1xweek for 8 weeks	Beginner Boot Camp ONLY \$40.00 1xweek for 8 weeks	Intermediate Boot camp ONLY \$40.00 1xweek for 8 weeks	MH Dragon Boat Association Team Training <i>Go! Sister Power</i> *private group		

Class Descriptions

The Spin Studio

MARCH/APRIL SALE!! ALL CLASSES ONLY \$40.00!!!

Spin Mix Boot Camp

A stationary cycling and weight training class that combines aerobic and strength components. This dynamic workout uses rhythmic training for the aerobic portion, and incorporates weight training and plyometrics for muscle conditioning!. This interval-style workout provides the appropriate workload and recovery periods related to heart rate training.

Beginner Boot Camp \$40.00 1xweek for 8 weeks

All the basics of group fitness are covered with personalized instruction. You will learn proper movement mechanics and basic terminology to get started on your fitness routine. This class is a great start to Intermediate Boot Camp!

Fitness for injury Recovery \$40.00 1xweek for 8 weeks

These classes will pay careful attention to exercise form; utilize a balanced whole body approach to stretching, strengthening and building opposing muscles while gradually increasing the intensity of the workout. Exercises will be designed specifically to strengthen weak muscles and rebalance your body in a proper and progressive manner to maximize your recovery and prevent re-injury. Your certified instructor has a combined 15 years of education and experience in Group Fitness Instruction and Physical Therapy.

Step N Sculpt \$40.00 1xweek for 8 weeks

Easy step patterns and strength training mix for a perfect weekend workout!
All levels!

Running Prep and Training \$40.00 1xweek for 8 weeks

Start your spring training in studio with specific muscle conditioning to kick start your run season!

Intermediate Boot Camp \$40.00 1xweek for 8 weeks or \$99.00/month unlimited

Kick your routine up a notch and try the Intermediate Boot Camp. More strength moves are incorporated and weights will become a necessity! This class is recommended before enrolling in our famous Bootylicious Camp!

Fusion \$40.00 1xweek for 8 weeks or \$99.00/month unlimited

You will get a great mix of everything including cardio, FIT and BOSU ball training, resistance bands, and weights in combination with the principles and movements of Yoga and Pilates to develop a stronger, leaner you. This class is designed to increase your inner/outer power and enhance your mind body connection while you giving you a full body workout through the week!

Monday-Cardio

Tues-Upper Body

Wed-Abs

Thursday-Lower Body

MH Dragon Boat Team Sister Power private group booking

Call Heartbreaker if you need sports specific training! We will get your team into top shape for your sport!



Schedule starting March 8, 2010
8 week schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 10:50						Yoga Fusion	
12:10 - 12:50	Yoga		Yoga				
6:15 - 7:05	Beginner Pole Dance 1x/week for 8 weeks \$99.00	Yoga-lates Stacey	Sexy Strength and Stretch 1x/week for 8 weeks \$69.00 (1/2 off when registered for a pole class)	Yoga-lates	Group Party Bookings available Lots of times and dates to choose from! Pole, Burlesque, or Lap Dance \$20.00/person *minimum 6 participants	For this session only!! When you sign-up to participate in the Heartbreaker Pole Dance Off we will take an extra \$10.00 off the cost off your Pole Class.	
7:15 - 8:05	Intermediate Pole 1x/week for 8 weeks \$99.00	Intermediate Pole Dance 1x/week for 8 weeks \$99.00	Advanced Pole 1x/week for 8 weeks \$99.00	Beginner Pole 1x/week for 8 weeks \$99.00			
8:15 - 9:05	Pole FIT 1x/week for 8 weeks \$99.00	Workshops Workout 1x/week for 8weeks \$89.00	Beginner Pole 1x/week for 8 weeks \$99.00	Advanced Pole Dance 1x/week for 8 weeks \$99.00			

Class Descriptions

The Fantasy Lounge

Yoga-lates: 1/week \$69.00 or 2/week \$89.00 (8 weeks)

Your body wants and needs to move differently. Using a fusion of two great body strengthening and stretching techniques and slow controlled movement to stretch and strengthen you from top to bottom. A class of Yoga, a class of Pilates and sometimes a little of each!

Sexy Strength & Stretch: 1/week 69.00 (8 weeks)

Sale! This session, get this class at half price when you register for a pole class.

It's never too late to increase your flexibility and your overall body tone. This class will start with a good full body warm-up followed by a variety of strength movements and then full body stretching. This class is inspired by a variety of practices including: Yoga, Pilates, Pole Dance, Core Training and more...

Workshops Workout: 1/week \$89.00 (8 weeks)

Moulin Rouge meets Striptease, 2 weeks of each of our famous Workshop classes mixed with a variety of strengthening activities. You will get: Burlesque, a classic entertainment style with a modern twist. Exotic dance will show you how to bump and grind your way to a sexier more confident you. Lap dance to teach you how to work that tease! Introduction to Pole, learn a little pole and combine it with all the dance techniques you picked up in the first 6 weeks of class.

Pole Fit: 1/week **Sale \$99.00!** (8 weeks)

\$10.00 off a pole class when you register for the Heartbreaker Pole Dance Off.

Beginner Pole meets fitness class. In this class you will learn all the moves and spins of beginner level plus an extra strength workout.

Beginner Pole: 1/week **Sale \$99.00!** (8 weeks)

\$10.00 off a pole class when you register for the Heartbreaker Pole Dance Off.

This class is a great introduction to the world of pole fitness. You'll have the chance to learn 8 different spins and plenty of sexy moves. This is the most fun you can have while working out! All fitness levels welcome!

Beginner Pole Dance: 1/week **Sale \$99.00!** (8 weeks)

\$10.00 off a pole class when you register for the Heartbreaker Pole Dance Off.

This class is creative, sexy and fun. Exotic inspired dance moves are combined with hot pole moves to unleash your inner sex goddess. Each week you will work on combining new dance moves with pole tricks and spins to create an incredible, fun, sexy, pole dance routine. Pole experience not required but would be a benefit.

Intermediate Pole: 1/week **Sale \$99.00!** (8 weeks)

\$10.00 off a pole class when you register for the Heartbreaker Pole Dance Off.

In this level of pole you will get stronger, hotter, and more confident! It's a chance to learn more pole moves, spins and do inverts. You will also start learning some Pole Tricks so bring those short-shorts or bikini bottoms. Empower yourself!

Intermediate Pole Dance: 1/week **Sale \$99.00!** (8 weeks)

\$10.00 off a pole class when you register for the Heartbreaker Pole Dance Off.

This class takes pole dance to the next level. Use all the moves and spins from your beginner pole, combined with hot new moves, spins and tricks to create incredible, fun, sexy, pole dance routines. (Must have completed a minimum of beginner pole.)

Advanced Pole: 1/week **Sale \$99.00!** (8 weeks)

\$10.00 off a pole class when you register for the Heartbreaker Pole Dance Off.

Take your Pole Workout to the next level. You've mastered your spins and inverts now it's time to learn more tricks, combination spins and even a little aerial acrobatics.

Advanced Pole Dance: 1/week **Sale \$99.00!** (8 weeks)

\$10.00 off a pole class when you register for the Heartbreaker Pole Dance Off.

Take everything you have learned in beginner and intermediate level pole classes and combine it with some new tricks, combination spins and a little aerial acrobatics to create one amazing dance routine!

Fantasy Lounge Parties \$20.00/person (Minimum 6 participants)

Pole, Burlesque, Exotic or Lap Dance Party:

Treat yourself and your friends with a private Pole, Lap Dance Exotic Dance or Burlesque lessons! Great for birthday celebrations, stagettes, staff parties, or the ultimate girl's night out! Lots of time and dates to choose from, call Marla direct 403-952-6191.