

OUR FAMOUS AWARD WINNING BIKINI CONTEST! \$300 PLUS GST OR SIGN UP WITH A FRIEND, SAVE \$40 EACH! \$260

You get 8 weeks of our famous boot camp classes with before and after pictures and weights and measures along with nutrition and signature clean and delicious meal plans and recipes! Runs three times per year only.

THERE ARE 40 CLASSES A WEEK YOU CAN ATTEND IN VARIOUS TIME SLOTS! YOU GET UNLIMITED CLASSES WHEN YOU ARE REGISTERED IN OUR BIKINI CONTEST!

If you have done the Bikini Contest and wish to continue with us after, the cost is only \$69/month! Minimum of 6 month commitment required, but you may register for as long as you like!

STUDENTS \$55/MONTH

*Must present valid student ID

COUPLES BUY 1 MEMBERSHIP AT REGULAR PRICE AND SPOUSE PAYS STUDENT PRICE

We are a coed facility!

CTBF (COMMIT TO BE FIT) PRICING

LONGER TERM = CHEAPER!

1 Year \$79/month
9 Month \$85/month
6 Month \$89/month
3 Month \$99/month
2 Month \$110/month
1 Month \$125/month

SESSION PAYERS IF YOU STILL WANT TO WORK OUT WITH US, BUT CAN ONLY COMMIT TO 1-2 DAYS A WEEK, THIS IS THE RIGHT PACKAGE FOR YOU!

SESSIONS ARE:

JAN/FEB	MAR/APR	MAY/JUNE
JULY/AUG	SEPT/OCT	NOV/DEC

\$8/CLASS PAID IN FULL UP FRONT PLUS GST.

DROP IN FOR BOOT CAMP OR ZUMBA CLASSES \$15

PUNCHCARDS

10 CLASSES FOR \$120

STUDENT PUNCHCARDS

10 CLASSES FOR \$99.00

*Must present valid student ID

YOU MAY REGISTER FOR ANY BOOT CAMP, BIKINI CONTEST, OR ZUMBA CLASSES BY CALL OR TEXT! YOUR FIRST CLASS IS FREE TO TRY!

MARLA HOWARD
OWNER/OPERATOR
403-952-6191

ASHLEY MOSER
STUDIO MANAGER

OWNER OF ORGANIC TAN Located within Heartbreaker Dance & Fitness 403-928-3930

POLE CLASSES 8 WEEKS \$125

AERIAL AND SILK CLASSES \$145

*Students get 10% off pole, silk, and hoop classes. Must present valid student ID.

TO REGISTER FOR THE AERIAL CLASSES PLEASE CONTACT:

GABRIELLE MCKINLEY
AERIAL MANAGER
402-866-8359

ZUMBA! TUESDAY/THURSDAY 6:15PM

1x/week \$40.00/month
2x/week \$72.00/month

PRICES ARE SUBJECT TO GST

Heartbreaker

DANCE & FITNESS

BECAUSE YOU DESERVE THE BEST!

www.heartbreakerdanceandfitness.com



102-640 Kingsway Avenue
Same building as Dayz Off Pub!

MARLA 403.952.6191
heartbreakerdanceandfitness.com
heartbreaker@telus.net



VOTED BEST
GYM/FITNESS FACILITY
AND BEST IN WEIGHT LOSS
FOR THE BIKINI CONTEST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	FULL BODY	CARDIO	UPPER BODY	LOWER BODY	INSTRUCTOR'S CHOICE		
6:00-6:45am	6AM FIT PACK	6AM FIT PACK	6AM FIT PACK	6AM FIT PACK	HIGH OR STRONG <small>FITNESS ZUMBA</small>	9AM Classes During Bikini Only	
9:15-10:05am ♥	BOOT CAMP	BOOT CAMP	BOOT CAMP	BOOT CAMP	BOOT CAMP	Coed BOOTCAMP 10:00 - 10:50AM	10AM BEGINNER Pole
10:15-11:05am ♥	BARS/BELLS/CORE		TRX/BANDS/BOSU		FULL BODY CIRCUIT		11AM BEGINNER Pole
12:10-12:50pm	NOON HOUR FIT PACK	NOON HOUR FIT PACK	FIT FOODIE CLUB	NOON HOUR FIT PACK	STEP! OR HIGH <small>FITNESS</small>	KIDS BIRTHDAYS 1:00PM - 3:00PM OR 3:30PM - 5:30PM	12PM INTERMEDIATE Pole
4:30-5:10pm	F.I.T. <small>TOTAL BODY BOOT CAMP</small>	F.I.T. <small>CARDIO</small>	F.I.T. <small>UPPER AND ABS</small>	F.I.T. <small>LOWER AND ABS</small>			1PM SILKS
5:15-6:05pm	STRONG <small>ZUMBA</small>	HIGH <small>fitness</small>	TRX - BARS - KETTLEBELLS	KICKBOXING	40 MIN CARDIO BLAST <small>DURING BIKINI ONLY</small>		2PM HOOPS
6:15-7:05pm	Pole Dance	ZUMBA <small>fitness</small>	Pole Dance	ZUMBA OR HIGH <small>fitness FITNESS</small>	Pole Dance	3PM SILKS	
7:15-8:05pm	Coed BOOTCAMP	Coed BOOTCAMP	Coed BOOTCAMP	Coed BOOTCAMP	BEGINNER SILKS	Pole Parties FRIDAY, SATURDAY, SUNDAY	4PM HOOPS
8:15-9:05pm	Coed BOOTCAMP	Coed BOOTCAMP	Coed BOOTCAMP	Coed BOOTCAMP	Pole Parties		5PM BEGINNER HOOP

♥ Childcare available for 9:15 and 10:15 am classes

FULL CLASS DESCRIPTIONS AT WWW.HEARTBREAKERDANCEANDFITNESS.COM

KIDS BIRTHDAYS!

BOOK TODAY! Call Marla 403.952.6191
Choose your theme: Classic Birthday, Glow in the Dark, Hawaiian (Glitter), Rock n Roll, Zumba (Glitter), Lit Er Rip Party for Girls, Kid Chefs Foodie Party, or Rambo Bootcamp Obstacle Course!

Basic Birthday \$125, Specialty Birthdays \$170 for two hours.
Other fees may apply based on type of birthday requested.



AERIAL Silks and Hoops CLASSES

Pole Parties

Great fun for a stagette or girls night out!
Available Friday, Saturday and Sunday nights
at 6pm, 7pm and 8pm for one hour.

Call Marla 403.952.6191
\$20 per person, minimum 6 ladies
Wine bar available for extra fee,
call for pricing

