

## CLASS PRICING

### AWARD WINNING BIKINI CONTEST

- 8 weeks of our famous boot camp classes
- Before/after photo, weight, and measurement
- Nutrition plans and clean eating recipes
- 40 classes per week to fit your schedule
- Attend unlimited classes

Runs three times per year only! Price is \$300 per person or sign up with a friend for \$260 each! Save \$40!

Just finished Bikini Contest? Continue classes with us for only \$69/month! Minimum 6 month commitment, but you can 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!

### COMMIT TO BE FIT

Longer term is 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  
Drop in for boot camp or zumba classes \$15

### POLE CLASSES

8 weeks \$125  
\*Students get 10% off. Must present valid student ID.

### ZUMBA!

1x/week \$36/month

### AERIAL AND SILK CLASSES

\$145 \*Students get 10% off. Must present valid student ID.

### PUNCHCARDS

10 classes for \$120

### STUDENT PUNCHCARDS

10 classes for \$99 \*Must present valid student ID

### REGISTER TODAY!

You may register for any of our classes by call, text or email! Your first class is free to try!

**MARLA HOWARD** OWNER/OPERATOR  
403.952.6191 heartbreaker@telus.net

**ASHLEY MOSER** STUDIO MANAGER  
Owner of Organic Tan, located within HB  
403.928.3930

**GABRIELLE MCKINLEY** AERIAL MANAGER  
402.866.8359

### KIDS BIRTHDAY PARTIES!

We also love to host kids birthdays! Themes:

- Classic Birthday \$125
- Glow in the Dark
- Hawaiian Glitter
- Rock n Roll
- Zumba Glitter
- Lit Er Rip Party for Girls
- Kid Chefs Foodie Party
- Rambo Bootcamp Obstacle Course

**TWO HOUR PARTIES!**  
SPECIALTY BIRTHDAYS  
\$170

**ALL PRICES ARE SUBJECT TO GST**

102-640 KINGSWAY AVENUE

# Heartbreaker

DANCE & FITNESS

HEARTBREAKERDANCEANDFITNESS.COM



**VOTED BEST**  
GYM/FITNESS FACILITY  
AND BEST IN WEIGHT LOSS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	FULL BODY	CARDIO	UPPER BODY	LOWER BODY	WILD CARD
6:00 AM	6AM FIT PACK	6AM FIT PACK	6AM FIT PACK	6AM FIT PACK	<b>HIGH</b> OR <b>STRONG</b> Fitness ZUMBA STARTS AT 5:50AM
9:15 AM	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP
10:15 AM	BACK TO BASICS BOOTCAMP	BACK TO BASICS BOOTCAMP	BACK TO BASICS BOOTCAMP	BACK TO BASICS BOOTCAMP	
12:10 PM	NOON HOUR FIT PACK	NOON HOUR FIT PACK	NOON HOUR FIT PACK	NOON HOUR FIT PACK	STEP OR <b>HIGH</b> fitness
4:30 PM	F.I.T. FULL BODY BOOTCAMP	F.I.T. CARDIO	F.I.T. UPPER AND ABS	F.I.T. LOWER AND ABS	
5:15 PM	BOOT CAMP OR <b>STRONG</b> ZUMBA	<b>HIGH</b> Fitness	TRX/BARS/ KETTLEBELLS	KICKBOXING OR BOOT CAMP	CARDIO INDOOR/ OUTDOOR (DURING BIKINI ONLY)
6:15 PM	<i>Pole Dance</i>	<i>Pole Dance</i>	<i>Pole Dance</i>	<b>ZUMBA</b> fitness	
7:15 PM	COED BOOTCAMP	COED BOOTCAMP	COED BOOTCAMP	COED BOOTCAMP	<i>Pole Parties</i> PRIVATE BOOKINGS AND STAGETTES
8:15 PM	COED BOOTCAMP	COED BOOTCAMP	COED BOOTCAMP	COED BOOTCAMP	<i>Pole Parties</i> PRIVATE BOOKINGS AND STAGETTES

♥ Child care available for 9:15am and 10:15am classes

Please visit [HeartbreakerDanceAndFitness.com](http://HeartbreakerDanceAndFitness.com) for class descriptions and more information



**YOUR FIRST CLASS IS FREE!**  
COME TRY SOMETHING NEW!

	SATURDAY	SUNDAY
	WEEKEND FUN!	
9AM		
10AM	COED BOOTCAMP	
11AM		BEGINNER POLE
12PM		INTERMEDIATE POLE
1PM	KIDS BIRTHDAYS 1:00-3:00PM OR 3:30-5:30PM	BEGINNER HOOPS
2PM		HOOPS
3PM		INTERMEDIATE SILKS
4PM		INTERMEDIATE HOOPS
5PM		KIDS HOOPS
6PM	<i>Pole Parties</i> PRIVATE BOOKINGS AND STAGETTES	KIDS SILKS
7PM	<i>Pole Parties</i> PRIVATE BOOKINGS AND STAGETTES	<i>Pole Parties</i> PRIVATE BOOKINGS AND STAGETTES
8PM	<i>Pole Parties</i> PRIVATE BOOKINGS AND STAGETTES	<i>Pole Parties</i> PRIVATE BOOKINGS AND STAGETTES

*Pole Parties*  
PRIVATE BOOKINGS AND STAGETTES

- One hour bookings
- \$20 per person (minimum 6 ladies)
- Wine bar available for extra fee

Call MARLA to book! 403.952.6191

