

Technosport members Carole & Andrew invite you to an exclusive training event:



The most successful group fitness program in history, BODYPUMP® is a 60-minute class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning.

For more info, check out <http://www.lesmills.com/site/programs/bodypump-group-fitness-program.aspx> and click on the "LEARN MORE" link on the right side of the screen.

What: We're hosting a special class for Technosport members ONLY!

Date: Sunday, November 19th, 2006

Time: 12noon – please arrive by 11:45am to set-up and register.

Location: GoodLife Fitness Club
199 Queen Street
Ottawa
Tel: 613-232-7648

Why you should come out and try BODYPUMP:

- BODYPUMP is an incredible workout program, licensed all over the world with an average of 5 million people participating in classes worldwide every week.
- In Canada, GoodLife has the *exclusive* rights to the program. Unless you're a member, you won't be able to experience this class anywhere else (in Canada, that is!).
- This is an exclusive class just for Technosport members – a private workout party!
- Coach Duane Jones will be there flexing it with the team ☺ !
- On Sunday, parking in the downtown is free!

What to wear:

- Shorts, T-shirt or tank top, weight-lifting gloves, if you want (nice to have, but not essential)
- Running shoes are mandatory

Cost: \$10 per person – cash, paid at the door when you arrive.

Registration: send email with your name and phone number to moywoodstock@yahoo.ca.