

TECHNOSPORT

Canada's Most Accomplished
Swim & Triathlon Club

EARLYBIRD PRICING
(Before Sept. 01/08)

AT A GLANCE...

Swimming Plan A or Plan B.....	\$ 819.00
Extra morning swim time.....	\$ 149.00
Flexible morning swims.....	\$ 69.00
Skills and Drills Friday AM.....	\$ 99.00
Skills and Drills Thursday PM.....	\$ 99.00
Skills and Drills AM and PM.....	\$ 149.00
Learn to Race.....	\$ 149.00
All Inclusive Personal Coaching.....	\$ 1899.00
Integrated Personal Coaching.....	\$ 799.00
Regular Spinning.....	\$ 349.00
Endurance Spinning.....	\$ 169.00
Running Group.....	\$ 269.00
Cycling Plan.....	\$ 269.00
Weight Training.....	\$ 369.00
Nutrition Plan.....	\$ 369.00

*Earlybird Pricing

REGISTER NOW! meet with Coach Duane Jones to discuss your training options for the new season. Get off to the right start with programming to suit your individual needs.

***SAVE MONEY!** Register and pay before Sept. 1, 2008

Incorporating a healthy and winning lifestyle into a busy schedule!

Coach Duane Jones

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www.technosport.ca