

Live2Play Fitness Studio

Education Courses & Workshop Schedule

As of April 1, 2011

Course	Instructor	Date	Time	Location	Price	Manual Included
<u>Third Age (55+)</u>	Kim Bond	TBA (Summer 2011)	10:30am- 5:00pm each day	Live2Play Fitness Studio, Surrey	\$275	No
<u>Group Fitness Instructor</u>	Kim Bond	April 23 & 30, 2011	10:30am-6:00pm each day	Live2Play Fitness Studio, Surrey	\$275	Yes
<u>Weight Training</u>	Kim Bond	TBA (Summer 2011)	10:30am-4:00pm	Live2Play Fitness Studio, Surrey	\$275	Yes
<u>Weight Training ICE Package</u>	Kim Bond	TBA	10:30am- 6:30pm each day	Live2Play Fitness Studio, Surrey	\$95	Includes Evaluation Fee to complete registration with BCRPA
<u>Personal Trainers</u>	Kim Bond	May 14, 28, June 4, 11, 2011	10:30am-5:30pm each day	Live2Play Fitness Studio, Surrey	\$379	No (ACE Personal Trainers Manual)
<u>10 Best Movement & Resistance Exercises Everyone Should Be But Almost No 1 is Doing</u>	Chad Benson	May 7, 2011	12:00-2:30pm	Live2Play Fitness Studio, Surrey	\$50.00 Non-Staff Rate \$25.00 Live2Play Staff Rate	Materials to provided on day of workshop
<u>Personal Training Exam Prep & Proctoring</u>	Kim Bond	June 18, 2011 June 25, 2011	Exam Prep from 10:30am-1:00pm Exam Writing 10:30am-1:00pm	Live2Play Fitness Studio, Surrey	\$120	Includes BCRPA Exam Fee