



## September Group Class Schedule

### BUC 12 Week Nutrition Class

Starting: Sept 13 or Sept 16th, 2010

(Choose either Monday or Thursday classes. Please note you cannot flip between classes)

Time: 6 to 7:30 PM

Cost: \$700 (payment options are available upon request)

### BUC Alumni Nutrition Class

This class is an open forum for all clients who have been through any of the BUC nutrition programs. It was created to give the BUC clients continued support establishing their healthy nutrition habits and lifestyle changes. Lisa will be available to answer questions, provide a weight, measure and body fat check and lead discussions on a variety of health related topics.

Come for a re-fresher or if you have strayed off course this class is perfect to get you re-focused and motivated!

Tuesday nights 7 - 8 PM

Registration is not necessary but appreciated.

Drop in's are always welcome!

\$20 per session

Please contact Lisa to verify that you have the correct pre-requisite to attend or to register.

***BUC also offers private nutrition programs and is happy to host private groups. Fitness coaching combined with a BUC nutrition program is also available for optimal results! Contact [Lisa](#) for details or to book your appointment!***

### Yoga with Chelsea

Starting: Wed Sept 15, 2010

Time: 7 to 8 PM

Pre-register 3 classes \$60

Drop in's are welcome if space allows \$25

Chelsea brings a beautiful energy to the Hammersmith studio and I am excited to welcome her to the BUC and New Level family! This yoga class is designed for anyone looking to relax, unwind and escape the everyday business of the world. This traditional Hatha class will accommodate all levels. Wear your comfy clothes and use this class to help you wind down and let go.

### Early Bird Workout

Starting: Friday Sept 17 to Oct 29

Time: 6 to 7 AM

Pre-register 7 classes \$140

Drop in's are welcome if space allows \$25

Shauna is back to teach this intense anything goes morning workout. All the tools of the trade will be used in this class from BOSU's, wobble boards, bands, balls, gliders, hurdles and ladders. Expect the unexpected but a great workout is a guarantee!



Certified Personal Fitness Training  
Registered Sports Nutrition Advisor  
Certified Pilates Mat + Reformer Instruction  
Sport Specific Training

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#### Level I - Spirit Awareness Meditation

Starting: Wed Oct 6 to Nov 17

Time: 8 to 9:30 PM

Where: BUC Hammersmith Studio

Pre-Registration is required for this 7 week series

\$196 Early Bird by Sept. 22, 2010

\$245 Standard Fee.

Classes are interactive, transformative and fun. Leave with understanding of how to center, ground, define & cleanse your space, quiet your mind, let go, and so much more!

[www.veraciswellness.com](http://www.veraciswellness.com)

#### Hit and Run Self Defence for Women

Starting: Sept 14 to Oct 12

Time: 7 to 8 PM

Pre-Register 5 classes \$100

Must be min.19 years (16 w/guardian)

**Pre-registration is required**



Hit & Run for Women is pleased to offer an exciting 5 session pro-active street safety and personal protection class. Empowering, confidence building and fun!

BUC Fitness is excited to have Sensei Louisa Weizman and Sensei James Chartier teaching this important class. Both have multiple black belts and over 35 plus years of street smart self defence and martial arts training.

Join us, and learn effective and simple life saving techniques for the street, home, work and travel. Designed for women of all ages, shapes and sizes. There is light exercise and participation through self defence movements as well as theory. Attendees should wear stretchy or loose fitting clothes and comfortable foot wear.

**Registration for all classes (except Meditation & Nutrition Alumni) closes September 10, 2010. Drop in's will only be accepted if space permits. Don't wait to reserve your spot!**

**[lisa@bucfitness.com](mailto:lisa@bucfitness.com) or 604 618 4595**