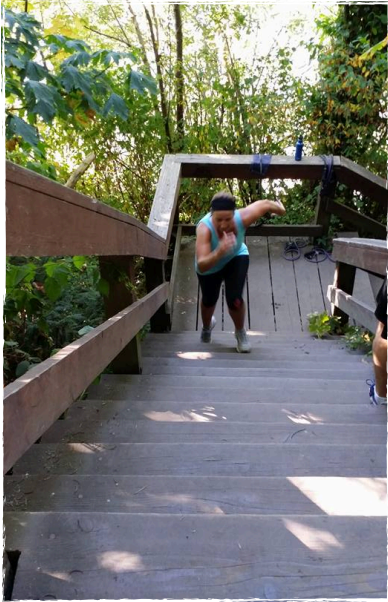


# Mijo



**CHALLENGING  
REWARDING  
EFFECTIVE**

**Mijo TotalBody**  
**Tues/Thurs**  
**6-7pm**

Join us in Sooke for a total body workout in the beautiful outdoors. You'll enjoy periodized training that includes strength, conditioning, stability, agility and power training in a supportive and inclusive environment.

[INFO@MIJOSPORT.COM](mailto:INFO@MIJOSPORT.COM)

[MIJOSPORT.COM](http://MIJOSPORT.COM)



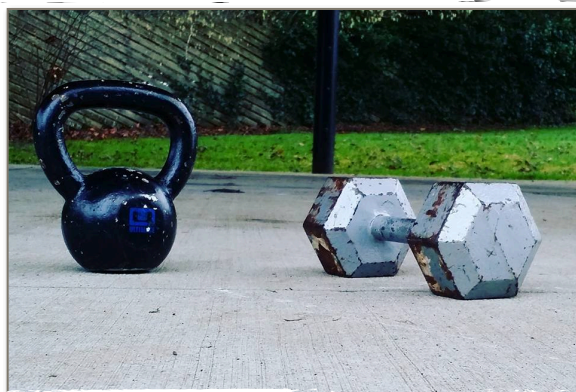
**Inclusive,  
modifiable  
workouts for all  
levels.**

## **Periodized Training...**

So what is periodized training? This is how we preplan the workouts we deliver to you. We group the workouts into "phases" that focus on improving one or two areas of training (ex. Strength or anaerobic cardio) at a time with phases typically lasting for 2-3 weeks. What this means for you is that your training will build off of itself, allowing for optimal gains and improvements in ability. All of your training will be designed and delivered in a way that is modifiable with the ability to dial up or dial down the challenge it delivers.

## **Year Round Outdoor Training...**

We're not just out there in fair weather, our classes are planned and designed to take advantage of outdoor training year round. We do occasionally head into the gym for certain phases, but be prepared to be refreshed with these truly west coast workouts!



**Different  
outdoor  
locations  
each week!**

# 2017 Fee Schedule

## Sept-Dec

info@mijosport.com

mijosport.com

Email or visit our website for registration details	FALL SESSION 1	FALL SESSION 2	SESSIONS 1 & 2
DATES	Sept 5-Oct 26	Nov 2-Dec 21	Sept 5-Dec 21
2 DAYS/WEEK	16 classes \$180	15 classes \$169	31 classes \$330
1 DAY/WEEK	8 classes \$92	8 classes \$92	16 classes \$184
MONTHLY 2 days/week	Sept/Oct \$90	Nov/Dec \$85	
PUNCHCARD	\$135	DROP-IN	\$13

Please add GST to all prices.

Payments can be made via cash, cheq or credit card.