

ENDURANCE on 8th

HEALTH CENTRE

March
2010

info@endurance8health.com

403-265-8383

www.endurance8health.com

Newsletter

Endurance 8 FITCAMP

Enroll today for our 6 week FitCamp Workout!
Burn calories & get fit with Endurance on 8th
Health Centres top Personal Trainers!

Tuesday/Thursday : 12-1pm
New class begins MARCH 23rd 2010

Monday/Friday: 12-1pm
New class begins APRIL 19th 2010


Cost is \$250 for 6 weeks/12 sessions

Biggest Loser Challenge continues...



Monday/Wednesday : 5:15pm - 6pm
New class begins APRIL 14th 2010

Cost is \$250 for 6 weeks/12 sessions



Hours

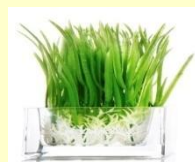
Physiotherapy

Monday 9am -1pm
Tuesday 9am - 12pm
Wednesday 3pm - 6pm
Thursday 9am - 12pm
Friday 9am-1pm



Receive a one-time
complimentary pass to
try out
FitCamp & Yoga
classes!!

Call Nikki at
403-265-8383 to reserve
your spot.



Don't forget to use
up your benefits.

Book your
massage today!

Endurance offers great deals on one-on-one Personal
Training sessions, as well as Group Training sessions.
Come workout with a friend (or two!)

Packages are available to best suit your needs including
nutrition plans.

Berry Avolicious Smoothie

2 cups strawberries
2 ripe bananas (or frozen sliced bananas)
1/2 avocado
2 cups water
2 cups fresh spinach or 4 dinosaur Kale
leaves

Blend well and serve



Green Julius Smoothie

....A tasty way to add some veggies into the
day!

1.5 cups Orange Juice (fresh Squeezed is
best!)
2 cups ice (or 1/2 Cup frozen sliced bananas)
2 large mangoes
2 cups fresh spinach

Blend well and serve