



Its Time!!!...To Put down the remote and do **P90X live!**

Working out with a live P90X Certified Trainer is much better than buying the DVD's and just "pushing play". Working out here will give you the instruction, encouragement, modifications and fun that you will not get from the DVDs. Your moves will be monitored and modified to make sure you get the most out of each session. You will be surrounded by people that have the same thing in mind....getting in shape!!! The workouts are the same as the ones on the DVDS that are sold in stores, plus there are more workouts that have never been seen on TV and just released to P90X Certified Trainers only. These classes are all cardio based, such as PLYO X, INTERVAL X, and KENPO X, not resistance based training is offered. So starting any time is not an issue. So drop in...and drop a few!

Rates:

\$5 per 1hr class session

As a St. Joseph's Healthcare Hamilton Employee, buy as many sessions as you wish for only \$4.00 per session (first time purchase only)!! That's a 20% savings on an already ridiculously low price. Please bring your Hospital ID for your first time purchase to receive this crazy rate.

Location: Libertys Karate, 120 San Antonio Dr., Hamilton

Times: Wednesday at 7:30pm, Friday at 7:15pm, Sunday at 7:00pm
Bring indoor runners, water, towel. Please come earlier to register.

Check out my website
(<http://www.its-time.ca>),
under calendar,
to see what the next P90X
workout is!!



Give me a call for more details: Johnny Gajic – (905) 317-3359