



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 DVD's. 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 not what you think. They have P90X intensity and moves, but brand new routines straight from Tony Horton's head. These are routines that only P90X Pro Team Members get from Beachbody. The classes are cardio based, mainly body weight, with some dumbbell and medicine ball work.

Rates: \$5 per 1hr class session

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

Location: Inside MOB Fitness, 680 Tradewind Dr, Ancaster. Near JungleJam

Times: Sunday, Monday, and Wednesday at 7:00pm.

Bring indoor shoes, water, and towel. Please come earlier.

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



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