

Fall 2011

Congratulations to Aron and Elizabeth on the arrival of their newborn baby girl, Lily!!!

Fall Bootcamp Classes Evening and Saturday Morning

September 6th to October 29th, 2011

Tuesday & Thursday Evenings

Various Locations throughout Victoria

4:50 to 6:00pm (Advanced Runners)

6:05 to 7:15pm (All Fitness Levels)

Saturday Mornings

Various Locations throughout Victoria

8:30 to 10:00am (All Fitness Levels)

Monday & Wednesday Evenings



(Vancouver Island Technology Park)

5:15 to 6:30pm (All Fitness Levels)

Lunch Hour / After Work Power Blast Classes (40 minutes)

Monday and Wednesday's Selkirk Waterway

12:10 to 12:50pm

Tuesday and Thursday's Downtown

12:10 to 12:50pm

Monday and Wednesday's Rudd Park

4:00 to 4:50pm

For more information please contact Debbie

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