

BN4MK specializes in pre and postnatal fitness for soon-to-be mums, new mums, seasoned mums, grandmothers, kids & dads too!!

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Event Quick List:

Registration is now taking place!

BN4MK Open House
September 10, 10:00 am to 2:00 pm

Fall & Winter Leisure Show
(Portsmouth Olympic Harbour)
September 10, 9:00 am to 3:00 pm

Fall Session begins
Monday, September 12

Tablescapes Luncheon Fundraiser
for Hospice Kingston
Sunday, September 25

County Marathon (Picton)
Sunday, October 2

Bootcamp 4 Cancer
Sunday, October 23

Diastasis Dilemma? Workshop
Wednesday November 9

Cayman Islands Marathon
Sunday, December 4

**EARLY REGISTRATION FOR FALL CLASSES
IS NOW TAKING PLACE!**

Payment must be received to secure your spot.
Classes are filling quickly...don't wait!

OPEN HOUSE

Saturday September 10
10:00 am to 2:00 pm.

Drop by our Studio and see what all the excitement is about!
Meet our trainers, view our studios and if you haven't already done so, register for our Fall Session!

P.T. 4 Three!!

Now, two of your closest buddies or family members can join you for focused & fierce private personal training. Super cost effective, goal driven & result based training.
See Page 2 for details.



Support Tracie as she raises \$3000 for the

Ride to Conquer Cancer

June 9-10, 2012

Tracie will cycle 200+ km from
Toronto to Hamilton & back!

To donate to
Tracie's ride go to
www.conquercancer.ca



Get your "A" game on!

Leap ahead of the competition this season...check out our Group Personal Training 4 Kids & Youth!

**Sport & Conditioning 4 Youth
&
X Country 4 Kids**



Destination Marathon Anyone????

Have you ever dreamed of running a Marathon
or Half Marathon in an exotic location?

Well, BN4MK can help make your dream come true!!

Run the *Cayman Islands Marathon* with **Team BN4MK** and receive a Personal Training Session each day you are on the Island at our beautiful **BN4MK Studio** on 7 Mile Beach!

Sun, sand & island breezes...what more of an incentive do you need to start your training??? Call for details.

Cayman Islands Half Marathon/Marathon
Sunday December 4, 2011!



"One to One" Personal Training

This training is designed specifically for you! Each client starts with a full consultation and assessment. Sessions are targeted to develop short, mid & long term goals. Sessions can be conducted in-studio, outside & even in your home. Baselines, posture analysis & written progress reports are all included!

Train weekly, bi-weekly or have a program designed & do it on your own. You make the choice!

Single session: \$37.50/hr + HST= \$42.38

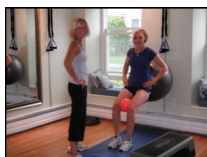
Starter Pack (2.5 sessions): \$36.25/hr + HST = \$102.40
(1.5 hr consultation & 1 hr personal training session)

5 sessions: \$35/hr + HST = \$197.75

10 sessions: \$32/hr + HST = 361.60

20 Sessions: \$30/hr + HST = \$678.00

40 sessions: \$29/hr + HST = \$1310.80



Personal Train With a Friend, Child or Partner

Grab a partner and get fit! Your personal trainer will develop goals & targets that suit **both** clients. Double the fun & double the motivation!

Single session: \$46/hr + HST = \$51.98

Starter Pack (2.5 sessions): \$50.85/hr + HST = \$143.65
(1.5 hr consultation & 1 hr personal training session)

5 sessions: \$44/hr +HST = \$248.60

10 sessions: \$42/hr + HST = \$474.60

20 Sessions: \$41/hr + HST = \$926.60

40 sessions: \$40/hr + HST = \$1808.00



P.T. 4 Three!

Now, two of your closest buddies or family members can join you for focused & fierce private personal training. Super cost effective, goal driven & result based training. What are you waiting for???

Single Session: \$69/hr + HST = \$77.97

Starter Pack (2.5 sessions): \$76.27/hr + HST = \$215.46
(1.5 hr Consultation plus 1 hr of Personal Training)

5 Sessions: \$66/hr + HST = \$372.90

10 Sessions: \$63/hr + HST = \$711.90

20 Sessions: \$61.50/hr + HST = \$1389.90

40 sessions: \$60/hr + HST = \$2712



Bootcamp 4 Cancer

October 23, 2011

Join us for fun, fitness and friendly competition as we raise funds for

Breast Cancer Action Kingston

&

Ride to Conquer Cancer!

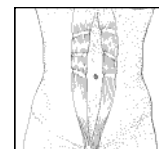
There will be something for the entire family; Adult Bootcamp, Kids & Youth Bootcamp, Silent Auction, face painting, "pink" lemonade stand, plus a whole lot more!

Call to register yourself, family or team!

613-542-6867

Fall Workshops

Diastasis Dilemma?



Date: Wednesday November 9

Time: 7:00-9:00 pm

Topic: Have all your questions about diastasis recti answered with practical applications for exercise and everyday life. Wear comfortable clothing, bring water and a yoga mat. Includes a BN4MK Food & Activity Log

Fee: \$40 (HST included) **Call:** 613-542-6867

****Bring a friend and save 10% on your registration.**

2011 Hospice Kingston

Tablescape Luncheon

Join BN4MK on Sunday, September 25 at the elegant Renaissance on Queen Street for an unparalleled and unique luncheon experience supporting

Hospice Kingston.

BN4MK has been chosen as a Tablescape Luncheon Designer for this wonderful event.










Tickets are \$75 (tax receipts will be issued) and include lunch, a live auction & a vote for the most creative table setting while listening to Harpist Donna Crozier.

Space is limited so reserve your seat at *our* table today!

Tax receipts will be issued.



Group Personal Training Schedule - Fall 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Studio Train 9:30-10:30 am 	Powerstride 9:30-10:30 am	Advanced Studio Train 9:30-10:30 am 	X Train 4 Mums 9:30-10:30 am	Advanced Studio Train 9:30-10:30 am 	Run Bike Run 8:00-9:30 am 6 weeks only; Sept. 17-Oct. 29
Bootcamp 4 Mums in Lake Ontario Park 12:10-12:50 pm	Run 4 Endurance 9:30-10:30 am	Bootcamp 4 Mums in Lions Civic Gardens (Isabel Turner Library/Cataraqui Town Centre) 12:10-12:50 pm	Dance 4 Fun & Fitness (On Location! Call for details) 12:20-12:50 pm		Studio Train 8:00-9:00 am
Active & Able! 5:00-5:30 pm 	Bootcamp 4 Mums in the Studio 12:10-12:50 pm	Active & Able! 5:00-5:30 pm 	Studio Train 4 Mature Mums! (50+) 5:30-6:30 pm 		Prenatal Strength & Yoga 9:15-10:15 am
Prenatal Strength & Yoga 5:30-6:30 pm	Bootcamp 4 Mums @ the Fort 12:10-12:50 pm	Advanced Prenatal Strength & Yoga 5:30-6:30 pm	Advanced Studio Train 5:30-6:30 pm		X Country 4 Kids 9:45-10:45 am
Sport & Conditioning 4 Youth 5:30-6:30 pm 	Run 4 Power & Core 5:30-7:00 pm	Dad's Run 4 Power 6:30-7:30 pm 	Sport & Conditioning 4 Youth 5:30-6:30 pm 		
X Train 4 Mums 5:30-6:30 pm	Bootcamp 4 Dads 7:15-8:15 pm		Bootcamp 4 Dads 6:45-7:45 pm		

Dates & Pricing**for Group Personal Training:

Monday: Sept. 12,19,26 Oct. 3,17,24,31 Nov. 7,14,21,28 (\$161.59)
Tuesday: Sept. 13,20,27 Oct. 4,11,18,25 Nov. 1,8,15,22,29 (\$176.28)
Wednesday: Sept. 14,21,28 Oct. 5,12,19,26 Nov. 2,9,16,23,30 (\$176.28)
Thursday: Sept. 15,22,29 Oct. 6,13,20,27 Nov. 3,10,17,24 Dec. 1 (\$176.28)
Friday: Sept. 16,23,30 Oct. 7,14,21,28 Nov. 4,11,18,25 Dec. 2 (\$176.28)
Saturday: Sept. 17,24 Oct. 1,15,22,29 Nov. 5,12,19,26 Dec. 3 (\$161.59)

Special price due to length of class:

Run & Core 4 Power: \$264.42

Run Bike Run (6 weeks - September 17 to October 29): \$132.21

Active Childcare

(6 months to 3 years):

Monday: \$57.75
Wednesday: \$63
Friday: \$63



IMPORTANT: For the safety of our children as well as our participants, mobile children (crawling or walking) must be in childcare either at BN4MK or elsewhere during ALL indoor classes. Children MUST be pre-registered in childcare. Sorry, no drop-ins.

Please Note: The Studio will be closed Thanksgiving Weekend, October 8 through 10, 2011.

Group Personal Training Descriptions

Mum & Dad's Personal Group Training Schedule

Studio Train- One of our most popular classes. Get ready to tone every muscle in your body! Stability balls, dumbbells, bosu, bands, TRX & track systems...we have it all! These sessions are designed for seasoned and postnatal Mums.

Advanced Studio Train- Get ready to take it to the next level!! A solid core base is recommended.

Studio Train 4 Mature Mums- Now our 50+ mums can workout alongside their gal pals. Just because we're mature doesn't mean we don't know how to kick butt!! Look out 'cuz we're lean and mean...in a nice way!

Run 4 Endurance- This group is aimed at postnatal and seasoned Mums who would like to stretch their current running distance beyond 5 km to a 1/2 marathon distance. Whether you plan to race or not, you will achieve an increased level of confidence and fitness. Jogging strollers are required if babies attending.

Powerstride- Essential first step after baby *or* if you are looking to create a strong fitness base without running. Group is open to pre /postnatal & seasoned mums. Upper & lower body are put to work in this full body training group. Babies can attend in a regular stroller, jogging stroller or baby carrier.

Run 4 Power & Core- Just what every runner needs! Advanced running & core work packed into 90 minutes! Interval, tempo & speed running drills outside, followed by advanced core training in-studio. Prior run training and a solid core base is recommended. Special price due to length of class.

X-Train 4 Mums- Short bursts of running, muscle conditioning & core work all wrapped into one great outdoor workout. Mums must be at least 6 weeks postnatal and babies must be in jogging strollers.

Bootcamp 4 Mums On Location!- A butt-kicking good time! Get ready to tone every muscle in your body during this 50 minute lunch hour class! Cardio, muscle conditioning & core coming to a location near you! Can you say *intense*?!

Prenatal Strength & Yoga- This class will focus on muscle conditioning, core strength and end with much needed stretching and relaxation. Participants must have a PARmed-X for PREGNANCY completed by their healthcare professional prior to participating.

Advanced Prenatal Strength & Yoga- Taking it to the next level in prenatal exercise! Previous muscle conditioning and core training recommended. Participants must have a PARmed-X for Pregnancy completed by their health care professional prior to participating.

Bootcamp 4 Dads- Our male partners want to keep up with us, so this session was created just for them! Get ready to tone every muscle in your body! An intense, full body workout targeting the cardio and muscular needs for athleticism and everyday needs. Stability balls, dumbbells, bosu, bands, TRX & track systems...we have it all! These sessions are designed for Dads who are up for a challenge!

Dad's Run 4 Power- Hope you're not looking for a leisurely jog?!?!

Hill, interval, tempo and power training are the focus of this class. Prior run training is recommend.

Run Bike Run- Planning a duathlon? This class focuses on transitioning the athlete from running to biking and back. Helmets mandatory. Class is 6 weeks; September 17-October 29.

Youth Personal Group Training Schedule

Sport & Conditioning 4 Youth- Get your game on! Learn the skills & drills to enhance your athleticism and beat your competition. In this sport focused group, you will increase your level of fitness focusing on balance, agility, speed, power, coordination, body awareness and reaction skills. Get ready to take your game to the next level!

X Country 4 Kids- This class is designed for kids & youth who enjoy running or are training for the upcoming X Country season. We will focus on techniques specific to runners; endurance, flexibility, core & strength training. If representing your school at Fort Henry this October is your goal then this is the class that will help you get there!

Active & Able- This group is geared for children (6-12 years of age) with developmental disabilities. We will focus on improving balance, coordination, strength and body awareness...all the while having fun!! Monday's class will specialize in training children with Autism Spectrum Disorders and Wednesday's class will specialize in training children with Downe's Syndrome.



NEW!

NEW!

NEW!

NEW!