



FALL 2008

Our facility is located at 100 Walter Baker Place, Kanata, ON (613) 831-8085

Key Events and Dates

Start Date: Saturday, October 4th, 2008 (**8 Weeks**)

Completion Date: Saturday, November 29th, 2008

Orientation and 1st Fitness Evaluation: Saturday, October 4th, 2008 @ 3pm

2nd Fitness Evaluation: Saturday, November 1st, 2008 @ 3pm

Final Evaluation & Graduation (plus After-Party): Saturday, November 29th 2008 @ 3pm

Note: Set Aside 2 Hours for Each Evaluation Day

XBT Program Includes

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| <ul style="list-style-type: none"> • 2 Months of Fitness/Cardio Kick Boxing • 2 Months of Weight Gym Membership • 3 Personal Weight Training Sessions • Weekly Personal Fitness Evaluations | <ul style="list-style-type: none"> • Weight Training & Nutritional Plan • Daily Log Book & Instructional DVD • Professional Goal Setting Seminar • Health, Wealth, Lifestyle Book |
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Cost:

\$399.00	New Member (not a current Canadian SMA member)
\$349.00	UBC or XBT Alumni
\$299.00	Current Canadian SMA member

Note: This is a first-come-first-serve program. We are only accepting a maximum of 60 registrations. You can register in person at the office at any time. Payment is to be made in full upon registering. All payment methods are accepted.

Important: Please bring revealing clothing for the before-and-after photos. The same clothing should be worn during each photo session to help accurately track your progress. These photos will be kept confidential if requested.

On Graduation Night, the XBT Coach (Mr. Stewart) will be awarding the grand prize of 2 World Flights to the winner of the Most Transformed Body contest.

GOOD LUCK!



FALL 2008

NAME: _____

ADDRESS: _____

CITY: _____ POSTAL CODE: _____

HOME PHONE: _____

WORK PHONE: _____

CELL PHONE: _____

EMAIL ADDRESS: _____

HEALTH CARD #: _____

- COST: \$399.00 New Member (non-current Canadian SMA member)
 \$349.00 UBC or XBT Alumni
 \$299.00 Current Canadian SMA Member

Payment must be made in full upon registering. Upon registration, XBT participants may attend all Canadian SMA Cardio Kick Boxing and Drills classes free of charge up until the start of the program. Once the program has begun, the enrollment fee cannot be refunded.

Attention: The Xtreme Body Transformation course is a very intense 8-week program combining weight training, cardio kick boxing (non contact) and nutritional instruction. If you have any health concerns that may impede your participation in the full 8-week program, we advise you to consult your physician before enrolling.

Signature of Contestant: _____

School Representative: _____

Office Use Only:

- Cash Cheque Visa Mastercard Amex Interac