



Spring Schedule 2016

Please sign in online for each class that you are taking!

DAY	TIME	PROGRAM	INSTRUCTOR	LOCATION
MONDAY	5:30-6:30AM	EARLY RISERS BOOTCAMP	Karen	McLeod Elementary School - 6325-142 St.**
	9:15-10:15AM	ZUMBA	Amy	Just 4 You Wellness Studio
	5:00-6:00PM	TRX BOOTCAMP	Karen	Just 4 You Wellness Studio
	6:10-7:10PM	KUNDALINI YOGA*	Karen	Just 4 You Wellness Studio
	7:15-8:15PM	ZUMBA	Elena	Just 4 You Wellness Studio
TUESDAY	5:30-6:30AM	EARLY RISERS BOOTCAMP	Karen	Just 4 You Wellness Studio
	9:15-10:15AM	ZUMBA TONING*	Karen	Just 4 You Wellness Studio
	4:45-5:45PM	PILATES MAT LEVEL 1-2	Deb	Just 4 You Wellness Studio
	6:00-7:00PM	ZUMBA	Amy	Just 4 You Wellness Studio
WEDNESDAY	5:30-6:30AM	EARLY RISERS BOOTCAMP	Deb	Sullivan Heights 6248-144 St.**
	9:15-10:15AM	ZUMBA	Amy	Just 4 You Wellness Studio
	5:00-6:00PM	TRX BOOTCAMP	Karen	Just 4 You Wellness Studio
	6:05-7:05PM	ZUMBA	Rebecca/Karen	Just 4 You Wellness Studio
THURSDAY	5:30-6:30AM	EARLY RISERS BOOTCAMP	Karen	Just 4 You Wellness Studio
	4:45-5:45PM	PILATES MAT LEVEL 1-2	Karen	Just 4 You Wellness Studio
	6:00-7:00PM	ZUMBA TONING	Amy	Just 4 You Wellness Studio
	7:10-8:20PM	KUNDALINI-FLOW	Karen	Just 4 You Wellness Studio
FRIDAY	9:15-10:15AM	ZUMBA TONING	Karen	Just 4 You Wellness Studio
	5:00-6:00PM	TRX BOOTCAMP	Sharon	Just 4 You Wellness Studio
SATURDAY	7:45-8:55AM	KUNDALINI YOGA	Karen	Just 4 You Wellness Studio
	9:05-10:05AM	TRX BOOTCAMP*	Karen/Sharon	Just 4 You Wellness Studio
	10:15-11:15AM	ZUMBA	Karen	Just 4 You Wellness Studio

This schedule runs between April 1 - June 30, 2016. - Subject to change

Just 4 You Wellness Studio - Address: 6195-136 Street, Surrey, BC
Phone: 604.599.5561 • **Website:** www.just4youwellness.com • **Email:** info@just4youwellness.com
Updated: May 12, 2016.

*Sign in required. Needs 6 clients registered to run. **On rainy days, classes are at the studio.

2 FOR 1 SIZZLING SUMMER PASS SALE

between June 6 – 12, 2016.

Unlimited access to all Zumba,
Zumba Toning, Pilates, and Yoga
classes for 3 months.

\$199 +GST*

SIGN UP TODAY!

Buy one and one family member is FREE!

just 4 you
wellness studio

604.599.5561

6195-136 St. Surrey
www.just4youwellness.com
info@just4youwellness.com

*Must be paid in full. No extensions, holds or transfers. Offer ends on June 12.

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Sizzling Summer Pass

June 15 – September 15, 2016.

**Unlimited access to all
Zumba, Zumba Toning,
Pilates, and Yoga classes.**

\$169 +GST*

SAVE \$56.33/month!

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*Must be payed in full.

**ZUMBA
DROP IN**

\$10

/CLASS+GST



Group Fitness Registration Form

Contact Information (PLEASE PRINT)

First Name:	Registration Date:
Last Name:	Home Phone:
Address:	Cell:
City:	Email:
Postal Code:	Birthday:
Medical Information:	

Bootcamp Packages

	Rates*	
<input type="checkbox"/> 1 month Unlimited	\$109/month+GST	
<input type="checkbox"/> 3 month Unlimited	\$99/month+GST	
<input type="checkbox"/> 6 Long Time Bootcamper <small>Available to those who have been with the studio beyond one year.</small>	\$89/month+GST	
Includes access to all Bootcamp, Zumba, Yoga and Pilates Mat classes on the schedule.		

Subtotal	
GST	
New Client One Time Registration Fee	\$30
Total	

Payment Method

Cheque
 Post-dated Cheque(s)
 Cash
 Credit Card

Fitness Packages

	Rates*	
<input type="checkbox"/> 1 month Unlimited	\$69/month+GST	
<input type="checkbox"/> 3 month Unlimited	\$59/month+GST	
Includes all Zumba classes on the schedule.		

Holds, Transfers and Cancellations - No holds, transfers, refunds, or cancellations UNLESS for medical reasons and accompanied by a doctor's note. Cancellations due to other reasons require 30 days' notice, and will be subject to a \$30 cancellation fee. **Please note that Punch Passes have an expiry date, and this date will not be extended.**

Special Packages - "Special Promotional Rates" DO NOT carry over except with special permission.

Specialty Classes - Specialty classes sit outside the unlimited classes. Additional charges apply. Discounts apply to members only.

Methods of Payment - Our preferred method of payment is monthly post-dated cheques or credit cards. Cash acceptable for drop ins. There is a \$50 fee for returned/NSF cheques.

Registration Fee - Services may only be used when a client has filled out a registration form and paid the one-time \$30 Registration Fee. Drop-ins are not required to pay a registration fee.

*Rates are subject to change without notice. All prices are in Canadian dollars.

Fitness Plus Packages

	Rates*	
<input type="checkbox"/> 1 month Unlimited	\$79/month+GST	
<input type="checkbox"/> 3 month Unlimited	\$69/month+GST	
Includes all Zumba, Yoga and Pilates Mat classes on the schedule.		

How did you find us?

Friend
 Newspaper Ad
 Google
 Facebook
 Twitter

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 We are on Facebook • Twitter • Pinterest • Instagram • Pinterest • Google+ • Yelp • FourSquare

Contact Information (PLEASE PRINT)

First Name:	Registration Date:
Last Name:	Home Phone:
Address:	Cell:
City:	Email:
Postal Code:	Birthday:
Medical Information:	

Punch Passes

	Rates*	
<input type="checkbox"/> FREE WEEK Unlimited Bootcamp Pass <i>Includes all classes on the schedule for 7 days. A one time offer for new clients only.</i>	FREE	
<input type="checkbox"/> 10 class Bootcamp Punch Pass <i>Includes all classes on the schedule. 45 day expiry from purchase</i>	\$149+GST	
<input type="checkbox"/> 10 class Fitness Plus Punch Pass <i>Includes all Zumba, Zumba Toning, Yoga and Pilates Mat classes on the schedule. 45 day expiry from purchase</i>	\$119+GST	
<input type="checkbox"/> 10 class Fitness Punch Pass <i>Includes all Zumba and Zumba Toning, classes on the schedule. 45 day expiry from purchase</i>	\$89+GST	
<input type="checkbox"/> 10 class Yoga & Pilates Mat Punch Pass <i>Includes Yoga and Pilates Mat classes on the schedule. 45 day expiry from purchase</i>	\$109+GST	

Drop-In**

	Rates*	
<input type="checkbox"/> Bootcamp/One 60 minute class	\$20+GST	
<input type="checkbox"/> Yoga & Pilates Mat//One 65-75 min. class	\$15+GST	
<input type="checkbox"/> Zumba/One 60 minute class	\$10+GST	

Subtotal	
GST	
New Client One Time Registration Fee	\$30
Total	

Payment Method

Cheque Cash Credit Card Online

*Rates are subject to change without notice. All prices are in Canadian dollars.

**Drop-Ins please fill out and bring in this Registration Form when you take your class with your payment, or purchase a drop-in Online and please print and bring your receipt to class and give it to the instructor. Pay as you go. No annual registration fee required.

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COACHING JUST FOR YOU

Wellness Coaching

Please contact Deb Judas at deb@creating-space.org or visit Creating Space at www.creating-space.org.

Spiritual Coaching

If you are interested in spiritual coaching then please contact Karen Perinbam at karenp@just4youwellness.com.

Nutrition

Ask us about the 30 day cleansing and fat burning system!

Nutritional Coaching

Please contact Wendy Hartford, Nutrition and fitness consultant and educator at "A Healthy Philosophy" at www.ahealthyphilosophy.com or call: 604.628.0146. Email: wendy@ahealthyphilosophy.com.

JUST 4 YOU MISSION

*”To inspire people to live fearlessly,
and to embrace fitness and wellness
as a way of daily life.”*

JUST 4 YOU VALUES

PASSION: Doing everything with courage, enthusiasm and a passion that inspires everyone to be their best.

INTEGRITY: Being real and true to our values and beliefs and respecting others whether they share our values/ beliefs or not.

ACCOUNTABILITY: Being empowered to make smart choices and responsible and honest in all matters.

EXCELLENCE: Being the best we can and doing what we do with pride and professionalism.

COMMITMENT: Committing to you and expecting it back! It really is a two way street.

LEADERSHIP: Living our values with courage and encouraging everyone to see their worth and unlimited potential.

CARING: Treating everyone as individuals who matter; extending oneself in support and celebration of another.

COLLABORATION: Working together to effect positive change and to draw upon each individual’s gifts and abilities.

CREATING: Shaping an environment where all can live, learn and lead meaningful lives regardless of who we are or where we came from.

We Act Like Owners

- We are accountable for our actions and inactions.
- We steward a fitness culture and focus on building value and worth.
- We reward people for taking risks and finding better ways to solve problems.
- We learn from our experiences and mistakes – we look at what worked and what didn’t and why.

Be the change first, before you ask everyone else to be!
Inspire creativity, passion, optimism and fun.

JUST 4 YOU VISION

*”To cultivate a health and
wellness culture that is optimistic, creative,
passionate and service minded.”*

JUST 4 YOU CULTURE

PEOPLE: We believe in the inherent goodness of all people and believe it is our calling to help people be the best they can be, in and out of the studio.

PROGRAMS: We provide the very best teachers, classes and wellness experiences in a small, intimate setting that values relationship, acceptance, trust and healthy living. We encourage and model a holistic health approach that develops body, mind and spirit.

PARTNERS: We believe we are “better together” and therefore develop opportunities for customers to receive care from a wide network of health and wellness community professionals.

POSITIVE CHANGE: We promote active and passionate participation in self-development and social change. We believe we can help ourselves, and others and make a positive difference in our world.

JUST 4 YOU Team Commitment ***Our Focus is on You!***

- We focus on the needs of our customers and partners.
- We get out into the market and listen, observe and learn.
- We believe we are here to serve and possess a world view for positive change.
- We focus on excellence every day no matter what the job entails.
- We are interested and insatiably curious about you!
- We act with urgency but not reactively.
- We remain responsive to change and help people adapt.
- We have the courage to change course when needed.
- We remain positive and constructively discontent.
- We work efficiently.

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Just 4 You Wellness Studio Policies 2016

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**Just 4 You Wellness Studio (JFY)
Personal Training and Group Fitness Waiver**

"I, _____, have enrolled in a program of strenuous physical activity including, but not limited to, traditional aerobics, resistance and weight training, Yoga and Pilates, and I recognize that I will be utilizing a variety of equipment while working with trainers at Just 4 You Wellness Studio (JFY). I hereby affirm that I am in good physical condition and do not suffer from any disability or injury that would prevent or limit me from participating in this exercise program.

In consideration of my participation in training sessions run by JFY, for myself or my heirs and assigns, I hereby release JFY, from any claims, demands and caused of action arising from my participation in this exercise program.

I fully understand that I may injure myself as a result of my participation in group fitness training sessions, and I, _____, hereby release JFY or any trainers provided by JFY, from liability now or in the future, including but not limited to, heart attack, breathing emergencies, bone/joint and soft tissue injuries, back strain or foot injuries, or any illness, soreness or injury however caused while participating in this program, or afterward.

Signature of Client: _____

Date: _____

****I hereby affirm that I have read and fully understand the above conditions****

Signature of Parent: _____

Date: _____

Signature of Witness: _____

Date: _____