

**BE THE CHANGE**

**START HERE NOW!**

**FEARLESS **COURAGE** TO CHANGE**

**START TODAY  
ANNIVERSARY SPECIAL**

**\$30 FOR 30 DAYS**

**UNLIMITED CLASSES \$109.99/MONTH  
LIMITED TIME ONLY\***

**FLEX PASSES**

**5 CLASSES FOR \$80**

**10 CLASSES FOR \$150**

**20 CLASSES FOR \$280**

**50 FAMILY FLEX \$650 ( NO EXPIRY!! )**

**UNLIMITED PASS**

**3 MO./ \$160 PER MONTH**

**6 MO./\$150 PER MONTH**

**1 YR./ \$140 PER MONTH**

**CONTACT US**

**250.486.7295**

**WINECAPITAL@PUR-ZEN.COM**

**6220 MAIN STREET OLIVER , BC**

**WWW.PUR-ZEN.COM**

**FALL  
FITNESS  
GUIDE**

*Inspiration*

*Is the spark in  
the human heart  
that moves body  
into action.*





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BOOTCAMP</b> level 1/2/3 6:00-6:45 AM	<b>PILATES/yoga</b> 6:00-6:45 AM	<b>BOOTCAMP</b> level 1/2/3 6:00-6:45 AM	<b>PILATES/yoga</b> 6:00-6:45 AM	<b>BOOTCAMP</b> level 1/2/3 6:00-6:45 AM	<b>CYCLE</b> 8:30-9:15AM*
<b>CYCLE + CORE</b> 8:00-8:50AM	<b>Low Impact BOOTCAMP</b> 8:00-8:45AM	<b>CYCLE + CORE</b> 8:00-8:50AM	<b>Low Impact BOOTCAMP</b> 8:00-8:45AM	<b>Fun Friday Easy Ryde</b> 8:00-9:15AM	
<b>ZEN YOGA</b> 9:00– 10:00 AM	<b>ZEN YOGA</b> 9:00– 10:00 AM	<b>ZEN YOGA</b> 9:00– 10:00 AM	<b>ZEN YOGA</b> 9:15-10:15AM	<b>PILATES ( mat )</b> 9:30-10:15AM	
	<b>Virtual Ryde</b> 9:15– 10:15AM		<b>Virtual Ryde</b> 9:15– 10:15AM		
<b>CYCLE</b> 4:30-5:15 PM	<b>STRENGTH + CORE</b> 4:30-5:15 PM	<b>bARRE</b> 4:30-5:15 PM	<b>BOOTCAMP</b> level 1/2/3 4:30-5:15PM	<b>CYCLE</b> 4:30-5:15 PM	
<b>bARRE</b> 5:30-6:15PM	<b>CYCLE</b> 5:30-6:15 PM	<b>CYCLE</b> 5:30-6:15 PM	<b>CYCLE</b> 5:30-6:15 PM	<b>YIN YOGA®</b> 5:30-6:30 PM	<b>SUNDAY</b> Low Impact <b>BOOTCAMP</b> 9-10:15AM <small>*no classes on certain workshop &amp; holiday weekends.</small>
<b>CORE YOGA</b> 6:30-7:30PM	<b>PILATES STYLE</b> 6:30-7:15 PM	<b>YIN YOGA</b> 6:30-7:30 PM	<b>CORE YOGA</b> 6:30-7:30PM		



**BOOTCAMP  
LEVEL 1|2|3**

**LOW IMPACT  
BEGINNER TO 'BAD ASS'**

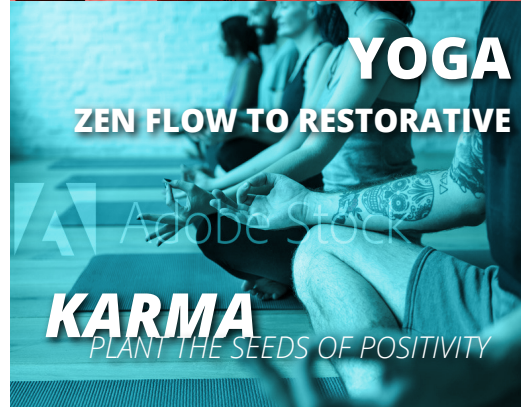
*CHANGE YOUR ATTITUDE,  
CHANGE YOUR LIFE*



**PILATES/YOGA  
MAT STYLE**

**3 DIFFERENT STYLES  
OF TEACHING**

**SHANTI**  
*PEACE COMES FROM WITHIN*



**YOGA**

**ZEN FLOW TO RESTORATIVE**

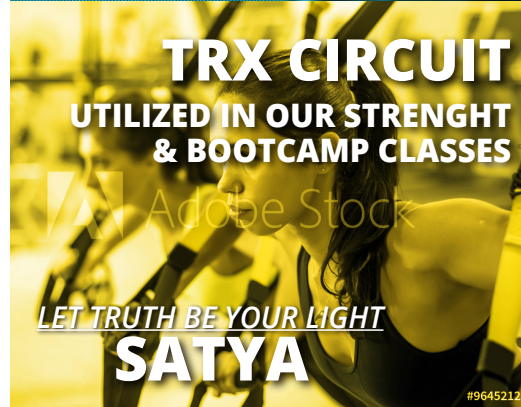
**KARMA**  
*PLANT THE SEEDS OF POSITIVITY*



**MOVE AND THE WAY WILL OPEN  
THE JOURNEY IS THE ANSWER**

**CYCLING**

**FROM BEGINNER TO  
PERFORMANCE**



**TRX CIRCUIT**

**UTILIZED IN OUR STRENGTH  
& BOOTCAMP CLASSES**

*LET TRUTH BE YOUR LIGHT*

**SATYA**



**BREATHE**  
*INHALE | EXHALE | REPEAT*

**BARRE**

**CHISEL AND SCULPT OUR  
CLASSES ARE FUN!**



**THAI MASSAGE**

**BOOK YOUR APPOINTMENTS  
TODAY CERTIFIED THAI MASSAGE**

**NO MUD, NO LOTUS...**  
*THROUGH IT ALL THE LOTUS FLOWER BLOOMS*



**LET THAT SH\*T GO!**

**SURRENDER TO LIFE'S FLOW**

*OUR STUDIOS MOTTO...*

*SOMETIMES WE CLING TO TIGHTLY TO  
CERTAIN PARTS OF LIFE.  
FEARING CHANGE, WE GET STUCK.*