



Advanced Strength Concepts Inc.

505 2nd Ave,
Prince George, BC
V2L 2Z8
250-649-5522

PROGRESSIVE STRENGTH TRAINING PROGRAM

Xtreme Strength Development

Get hands-on strength training with the Xconditioning Specialists. Learn proper and safe exercise technique, and make the most out of your time in the gym.

2 days per week - Tuesdays 7:00-8:00pm, and Thursdays 5:30-6:30pm

Age Requirements: minimum birth year 1995

Class size: Maximum 6 spots (Minimum sign ups is 4 or program will be cancelled)

Cost:

1 Month sign up \$168 (\$21 per session)

3 Month sign up \$453.60 (\$18.90 per session)

6 Month sign up \$806.40 (\$16.80 per session)

***prices include GST**