



12-week New Years' Evolution Program

** No class Mon Feb 12 Family Day

1 class per week	\$228	\$288 with pullover	Works out to \$19 per class
2 classes per week	\$432	\$492 with pullover	Works out to \$18 per class
3 classes per week	\$612	\$672 with pullover	Works out to \$17 per class
4 classes per week	\$768	\$828 with pullover	Works out to \$16 per class

****Please note all pullover orders must be complete by Dec 1, 2017 order deadline***



Pullover Sizing Chart: Please take a few minutes to take some measurements to ensure a good fit. There are no exchanges as these are a custom order.

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Ladies	XS	S	M	L	XL	2XL	3XL		
Chest	30-32	33-35	36-38	39-41	42-44	45-47	48-50		
Sleeve Length	29.5-30	30-30.5	31-31.5	32-32.5	32.5-33	33-33.5	33.5-34		
Hip	34-35	36-37	38-39	40-41	42-43	44-45	46-47		
Men's	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Chest	33-35	36-38	39-41	42-44	45-48	49-52	53-56	57-60	61-64
Sleeve Length	32	33-33.5	34-34.5	35-35.5	36-36.5	37-37.5	38-38.5	38.5-39	39-39.5
Hip	34-36	36-38	38-40	40-42	42-44	44-46	46-48	48-50	50-52

Sleeve length: Relax arm and measure from the center of the back of the neck, over the shoulder and down to the outer wrist

To Register: Send Michelle an email at take2pt@shaw.ca or give her a call at (250) 508-6381.