



PACE performance

Winter workout Schedule October 2009 - May 2010

Mega Days

- Nov. 21: Newworld
- Dec. 27: Newworld
- Jan 9 : Caledon
- Jan 16 : Newworld
In Support of IronDames
- Jan 23 : McMaster
- Feb 6 : Caledon
- Feb 13 : Newworld
- Feb 20 : Caledon
- March 13 : Newworld

Aerobic Circuit Training : ACT

Intro Class: Sunday October 25 at CrossFit Connection.
8 week program: Nov. 1 - Dec. 20
Cost: \$99 for 8 weeks, Individual class: \$15



Newworld Tri Program

Thursdays: 6:30 - 8:00 pm
 Oct 29 - Dec.17
 Jan. 7 - March 11
 March 25 - May 13
Fridays: 9:15 - 10:45 am
 Oct. 30 - Dec. 18
 Jan. 8 - March 12
 March 26 - May 14
Cost: \$179 (8 weeks)
 \$239 (10 weeks)

Swim Program

Sundays:
 8:30 - 10:00 am
 Jan. 2 - May 16

Lactate Threshold Assessment Dates

Friday Oct. 23
 Friday Jan. 15
 Friday March 19
Cost: Initial Testing: \$180
 Retests: \$140, with mask

T H E R I G H T F I T

SPECIAL EVENTS

BIKES FOR KIDS:

This Annual program raises funds to purchase brand new shiny bikes for children entrusted to the Halton Children's Aid Society.

The Program begins November 1, to December 19. Make a kid's Christmas and influence them for life. To donate and find out more contact Greg at greg@pacperformance.ca (tax receipts available).



TUCSON TRAINING CAMPS:

February 27 - March 7
 March 6 - March 14
 Find out more at:
www.paceperformance.ca

CANADA GET FIT:

Target event: *Around the Bay*
 March 28, 2010
 3 person: 10 km relay
 2 person: 15 km relay
 1 person: 30 km

Training Dates:
 Saturdays, Nov. 28 - March 28
Time: 7:30 am
Cost: \$99

Location: Newworld Cycle
www.canadagetfit.com