



2012 Vancouver Performance Branch Programs and Services Guide

Personal Training Package Options

1 Session: \$120
5 Session Package: \$500 (\$100 / session)
10 Session Package: \$900 (\$90 / session)

16-Week Accelerated Program

* 2-Weekly Sessions: Four Pre-paid Monthly Payments of \$600 (\$75 / session)

* 3-Weekly Sessions: Four Pre-paid Monthly Payments of \$800 (\$67 / session)

Personal Training Sessions with Duquette Strength with assistant trainers are available for a reduced rate of \$50 - \$70 / session. Please visit our website to see a full list of our trainers and their qualifications.

Specialized Programs Available for 2012

The Postural Reprogramming System

· The PRS is a comprehensive solution for misaligned posture which incorporates a lifestyle ergonomics consultation with specialized body awareness drills and posture-corrective exercises. It addresses the complete individual -- integrating the physical, psychological, and emotional being. The PRS retrains efficient body mechanics and enhances the connection we have with our bodies. The movement patterns practiced and developed by performing the PRS ultimately evolve into a progressive exercise program designed to simultaneously develop strength and flexibility.

Duquettes Strength Workshops at Spartacus Underground

Roy Duquette will be offering specialized group workshops for 10-15 students in:

- Introduction to Kettlebells 101
- Introduction to Total Body Stability
- Introduction to Boxing 101
- Introduction to Brazilian Jiu-Jitsu 101

Please contact us for more details on dates, pricing and pre-registration

Spartacus Underground is the official training headquarters for Duquette Strength in Vancouver, BC.

For your free 1-hour consultation with Roy Duquette, please send us a detailed e-mail request to:
Info@DuquetteStrength.com

For more information, please visit us at www.DuquetteStrength.com