

WRHA Staff Appreciation and Recognition (StAR) Employee Discount Program



DREAM BOOTCAMP
BE A DREAMER TODAY!

15% OFF ALL MEMBERSHIPS

COME FOR **3 FREE** WORKOUTS

EXCLUSIVE ONLY TO THE EMPLOYEES AND VOLUNTEERS OF WRHA



For Health Care Professionals
StAR Program

EXCLUSIVE ONLY TO THE EMPLOYEES AND VOLUNTEERS OF WRHA

15% DISCOUNT ON THE FOLLOWING:

- 6 OR 8 MONTH COMMITMENT FULL DREAMER \$125 MONTHLY
- NO COMMITMENT FULL DREAMER \$155 MONTHLY
- ONE MONTH TRIAL \$75

ADDRESS: 250 SAULTEAUX CRESCENT

INFO@DREAMBOOTCAMP.CA

For more information email info@dreambootcamp.ca or visit



DREAM BOOTCAMP
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BOOTCAMP CLASS TIMES

MORNING
5AM 530AM 6AM
630AM 7AM

MID MORNING
845AM 915AM
945AM

LUNCH
1115AM 1145AM
1215AM

AFTERNOON
345PM 415PM 445PM
515PM 545PM 615PM



JULY 8TH START

DREAM BOOTCAMP
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FIT 4 SUMMER

SIX WEEK CHALLENGE
WITH
Stephanie Relke
fitness. nutrition. wellness.
Success Manual

Weekly Meal Plan with a detailed grocery lists and recipes

EARLY BIRD PRICE
185\$ + GST
DEADLINE JUNE 30TH

Daily Inspiration
Weekly Challenges

LATE REGISTRATION
240\$ + GST
DEADLINE JULY 5TH

Deadline July 5th!

Renewed:

Joined: June 2019

Discount Program Contact: Dana Whyte, dwhyte@wrha.mb.ca, 204-787-2743