

JANUARY 2018



FITNESS CENTRE
250-558-3443

FITNESS CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 CLOSED NEW YEAR'S DAY	2 PILATES 8:15AM YOGA 9:30AM BEGINNER & TECHNIQUE SWIM 1PM STRETCH & CORE 4PM FITNESS SWIM 6PM	3 SPIN 7:45AM BODY BARRE 9AM AQUA FIT 4PM	4 PILATES 8:15AM GENTLE FLOW 4PM HIIT 5:30PM TECHNIQUE SWIM 6PM	5 SPIN 7:45AM BODY BARRE 9AM AQUA FIT 9:15AM	6 YOGA 9:30AM
7 YIN YOGA WITH JEN 2-4PM	8 STRECH & CORE 9AM AQUA FIT 10:15AM GENTLE FLOW 4PM	9 PILATES 8:15AM YOGA 9:30AM BEGINNER & TECHNIQUE SWIM 1PM STRETCH & CORE 4PM FITNESS SWIM 6PM	10 SPIN 7:45AM BODY BARRE 9AM AQUA FIT 4PM	11 PILATES 8:15AM GENTLE FLOW 4PM HIIT 5:30PM TECHNIQUE SWIM 6PM	12 SPIN 7:45AM BODY BARRE 9AM AQUA FIT 9:15AM	13 YOGA 9:30AM
14 HIPS & SHOULDERS WITH ELISE 2-4PM	15 STRECH & CORE 9AM AQUA FIT 10:15AM GENTLE FLOW 4PM	16 PILATES 8:15AM YOGA 9:30AM BEGINNER & TECHNIQUE SWIM 1PM STRETCH & CORE 4PM FITNESS SWIM 6PM	17 SPIN 7:45AM BODY BARRE 9AM AQUA FIT 4PM	18 PILATES 8:15AM GENTLE FLOW 4PM HIIT 5:30PM TECHNIQUE SWIM 6PM	19 SPIN 7:45AM BODY BARRE 9AM AQUA FIT 9:15AM	20 YOGA 9:30AM
21 VINYASA FOUNDATIONS WITH NIKI 2-4PM	22 STRECH & CORE 9AM AQUA FIT 10:15AM GENTLE FLOW 4PM	23 PILATES 8:15AM YOGA 9:30AM BEGINNER & TECHNIQUE SWIM 1PM STRETCH & CORE 4PM FITNESS SWIM 6PM	24 SPIN 7:45AM BODY BARRE 9AM SNOWSHOE HIKE 1PM AQUA FIT 4PM	25 PILATES 8:15AM GENTLE FLOW 4PM HIIT 5:30PM TECHNIQUE SWIM 6PM	26 SPIN 7:45AM BODY BARRE 9AM AQUA FIT 9:15AM	27 YOGA 9:30AM
28 YIN YOGA WITH JEN 2-4PM	29 STRECH & CORE 9AM AQUA FIT 10:15AM GENTLE FLOW 4PM	30 PILATES 8:15AM YOGA 9:30AM BEGINNER & TECHNIQUE SWIM 1PM STRETCH & CORE 4PM FITNESS SWIM 6PM	31 SPIN 7:45AM BODY BARRE 9AM AQUA FIT 4PM	Class Prices <ul style="list-style-type: none"> Membership - \$75 (unlimited classes) 10x Punch Pass - \$110 Drop In - \$14 Sunday Workshops <ul style="list-style-type: none"> Homeowner - \$25 Non-homeowner - \$30 		



PREDATOR RIDGE

FITNESS CLASS DESCRIPTIONS

STRETCH & CORE Monday & Tuesday

A strong core means better posture, and an overall improved appearance that exudes self-confidence. Your core area is responsible for producing force, stability and energy. A strong core will reduce your chances of back injury and enhance your quality of life in later years.

AQUA FIT Monday, Wednesday & Friday

This is a beneficial class for anyone looking to increase strength and flexibility using water resistance. Have fun in the pool while improving overall fitness and balance. A great class appropriate

GENTLE FLOW Monday & Thursday

This class is designed for beginners and intermediate students. You will be guided through pranayama (breath work) as well as basic posture, with the option to explore deeper postures depending on your level. Allowing the body and mind to explore each asana comfortably, this is a great class for anyone looking for a gentle experience, a change in pace, or the option to take your practice deeper.

PILATES Tuesday & Thursday

Pilates-based workout that will fire your core through a fusion of exercises. Strengthening the body from the inside out, these classes will give you a complete core training program. The rhythmic breathing will help you center, and keep a steady mind increasing both strength and flexibility throughout your body.

BEGINNER & TECHNIQUE SWIM Tuesday

Improve your skills while having fun. An adult beginner and stroke technique session, in a relaxed and fun environment. Swim more efficiently while providing a great full body workout. Learn new skills. Stroke technique, and how to structure a proper swim workout.

FITNESS & TECHNIQUE SWIM Tuesday & Thursday

Swimming is an excellent, whole body fitness activity that is easier than you might think. Come out and sample a swimming workout, and see how much fun it can be in a supportive, coached environment.

YOGA Tuesday, Saturday & Sunday

Come experience the tranquility of movement. Empower your mind and strengthen your body as you move through a series of meaningful poses. Bring a water bottle, towel & yoga mat.

SPIN Wednesday & Friday

These classes challenge all fitness levels. Control your own ride through a warm up, sprints, climbs and a cool down. Join us for a high energy fun cardio workout and notice an overall increase in strength and endurance.

BODY BARRE Wednesday & Friday

This class blends light weights & body weight with ballet bar type exercises to tone the body & deep core. Stretching & Fascia release also incorporated.

HIIT Thursday

Burn the most amount of calories in a short amount of time with a combination of strength and cardio bursts. Designed to make you sweat, accelerate your heart rate, and improve your cardio strength. Designed for all levels, as there is always modifications for those who are just beginning.