



## FITNESS CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CLASS PRICES</b> <ul style="list-style-type: none"> <li>Membership - \$85 (unlimited classes)</li> <li>10x Punch Pass - \$115 (no expiry)</li> <li>Drop-in - \$20</li> </ul>				<b>HOURS OF OPERATION</b> <ul style="list-style-type: none"> <li>6:00am - 8:00pm (Monday - Saturday)</li> <li>7:00am - 8:00pm (Sunday &amp; Holidays)</li> <li>By pre-booked session only</li> </ul>		
					<b>1</b> <b>HAPPY NEW YEAR</b> FITNESS CENTRE CLOSED	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b> YIN YOGA 9:30AM CLUBHOUSE	<b>11</b> CORE STRENGTH & STRETCH 9AM CLUBHOUSE  AQUAFIT 10:15AM FITNESS CENTRE POOL	<b>12</b> YOGA 9:30AM CLUBHOUSE  PILATES 11:15AM CLUBHOUSE  GENTLE FLOW YOGA 4PM CLUBHOUSE	<b>13</b> BOD-CHI WINTER 9AM CLUBHOUSE  AQUA CIRCUIT 10:15AM FITNESS CENTRE POOL	<b>14</b> CORE STRENGTH & STRETCH 9AM CLUBHOUSE  PILATES 11:15AM CLUBHOUSE  GENTLE FLOW YOGA 4PM CLUBHOUSE	<b>15</b> AQUAFIT 10:15AM FITNESS CENTRE POOL	<b>16</b> YOGA 9:30AM CLUBHOUSE
<b>17</b> YIN YOGA 9:30AM CLUBHOUSE	<b>18</b> CORE STRENGTH & STRETCH 9AM CLUBHOUSE  AQUAFIT 10:15AM FITNESS CENTRE POOL	<b>19</b> YOGA 9:30AM CLUBHOUSE  PILATES 11:15AM CLUBHOUSE  GENTLE FLOW YOGA 4PM CLUBHOUSE	<b>20</b> BOD-CHI WINTER 9AM CLUBHOUSE  AQUA CIRCUIT 10:15AM FITNESS CENTRE POOL	<b>21</b> CORE STRENGTH & STRETCH 9AM CLUBHOUSE  PILATES 11:15AM CLUBHOUSE  GENTLE FLOW YOGA 4PM CLUBHOUSE	<b>22</b> AQUAFIT 10:15AM FITNESS CENTRE POOL	<b>23</b> YOGA 9:30AM CLUBHOUSE
<b>24</b> YIN YOGA 9:30AM CLUBHOUSE	<b>25</b> CORE STRENGTH & STRETCH 9AM CLUBHOUSE  AQUAFIT 10:15AM FITNESS CENTRE POOL	<b>26</b> YOGA 9:30AM CLUBHOUSE  PILATES 11:15AM CLUBHOUSE  GENTLE FLOW YOGA 4PM CLUBHOUSE	<b>27</b> BOD-CHI WINTER 9AM CLUBHOUSE  AQUA CIRCUIT 10:15AM FITNESS CENTRE POOL	<b>28</b> CORE STRENGTH & STRETCH 9AM CLUBHOUSE  PILATES 11:15AM CLUBHOUSE  GENTLE FLOW YOGA 4PM CLUBHOUSE	<b>29</b> AQUAFIT 10:15AM FITNESS CENTRE POOL	<b>30</b> YOGA 9:30AM CLUBHOUSE
<b>31</b> YIN YOGA 9:30AM CLUBHOUSE						



## CLASS DESCRIPTIONS

### YIN YOGA

Sunday. LOCATION: Lower level of Clubhouse

Known as the quiet practice, Yin Yoga targets the connective tissues of the hips, pelvis and lower spine. Yin postures are held for three to five minutes which gives the body an opportunity to open and release tension from deeper tissues.

### CORE STRENGTH & STRETCH

Monday & Thursday. LOCATION: Lower level of Clubhouse

This class is designed to build and strengthen core muscle groups, while improving posture, stability, balance, and overall muscle strength. We will focus on full body toning and end with deep, lengthening stretches for a full body strength and flexibility feeling.

### AQUA FIT

Monday & Friday. LOCATION: Fitness Centre Pool

This is a beneficial class for anyone looking to increase strength and flexibility working with the resistance of the water and keeping it low impact to save those joints. Have fun in the pool while improving overall fitness and strength.

### YOGA

Tuesday & Saturday. LOCATION: Lower level of Clubhouse

Come experience the tranquility of movement, empower your mind and strengthen your body as you move through a series of meaningful poses.

### PILATES

Tuesday & Thursday. LOCATION: Lower level of Clubhouse

Pilates-based workout that will fire your core through a fusion of exercises; strengthen 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.

### GENTLE FLOW YOGA

Tuesday & Thursday. LOCATION: Lower level of Clubhouse

Gentle yoga offers a softer approach to connecting our minds, bodies and breath. We will explore short meditations and breathe work, followed by a gentle flow practice to assist in opening and balancing mind/body awareness. We will also explore deeper ROM and flexibility with a less intense practice for those who are beginners, or lead very active/busy lives.

### BOD-CHI WINTER

Wednesday. LOCATION: Lower level of Clubhouse

Winter is a season of gathering energy back inside. Flowing movements that enhance your energy and build on the meridians of the lungs and large intestine. A blend of flowing Tai Chi, Pilates, Yoga and Core strengthening using the chi balls & body weight.

### AQUA CIRCUIT

Wednesday. LOCATION: Fitness Centre Pool

A 45 minute low-impact, high energy aquatic exercise that will work every muscle thanks to the innovative equipment we add in. The cooling effect of water allows you to work harder without being conscious of the possibility of muscle strain. Working out in water helps you to burn more calories due to the resistance of an aquatic environment. This class gives you a perfect combination of fun and fitness.