

OCTOBER 2024



FITNESS CENTRE
250-558-3443

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLASS PRICES <ul style="list-style-type: none"> Membership - \$90 (Unlimited classes) 10x Punch Pass - \$120 (No expiry) Drop-in - \$21 				HOURS OF OPERATION <ul style="list-style-type: none"> 6:00am - 9:00pm (weekdays) 7:00am - 8:00pm (weekends & holidays) FAMILY SWIM TIMES <ul style="list-style-type: none"> 4:00pm - 6:00pm (Tue, Thu, Fri, Sat & Sun) 10:30am - 12:00pm (Sat & Sun) 		
		1 PILATES 8:15AM (Elise) CYCLE FUSION - NEW 10:30AM (Jen) YOGA 9:30AM (Elise) MASTERS SWIM 10AM GENTLE FLOW YOGA 4PM (Elise)	2 CORE STRENGTH & STRETCH 9AM (Jen) AQUA CIRCUIT 10:15AM (Jen) TOTAL BODY CONDITIONING 4PM (Angela)	3 PILATES 9AM (Elise) MASTERS SWIM 10AM BODYPUMP - NEW 10:15 AM (Jeff) INTRO TAI CHI 2:30 PM ADV TAI CHI 4PM	4 RHYTHM & RIDE 9AM (Jen) AQUAFIT 10:15AM (Jen)	5 YOGA 9:30AM (Jen)
6 TOTAL BODY CONDITIONING 9:00AM (Jen) YIN YOGA 10:15AM (Jen)	7 BODY BALANCE 9AM (Cheryl) BODYPUMP - NEW 10:15AM (Jeff) AQUAFIT 10:15AM (Michelle)	8 PILATES 8:15AM (Jen) YOGA 9:30AM (Jen) CYCLE FUSION - NEW 10:30AM (Jen) MASTERS SWIM 10AM GENTLE FLOW YOGA 4PM (Jen)	9 CORE STRENGTH & STRETCH 9AM (Jen) AQUA CIRCUIT 10:15AM (Jen) TOTAL BODY CONDITIONING 4PM (Angela)	10 PILATES 9AM (Michele) BODYPUMP - NEW 10:15 AM (Jeff) MASTERS SWIM 10AM INTRO TAI CHI 2:30 PM ADV TAI CHI 4PM	11 RHYTHM & RIDE 9AM (Jen) AQUAFIT 10:15AM (Jen)	12 YOGA 9:30AM (Elise)
13 TOTAL BODY CONDITIONING 9:00AM (Elise) YIN YOGA 10:15AM (Elise)	14 NO CLASSES	15 PILATES 8:15AM (Elise) CYCLE FUSION - NEW 10:30AM (Jen) YOGA 9:30AM (Elise) MASTERS SWIM 10AM GENTLE FLOW YOGA 4PM (Elise)	16 CORE STRENGTH & STRETCH 9AM (Jen) AQUA CIRCUIT 10:15AM (Jen) TOTAL BODY CONDITIONING 4PM (Angela)	17 PILATES 9AM (Elise) BODYPUMP - NEW 10:15 AM (Jeff) MASTERS SWIM 10AM INTRO TAI CHI 2:30 PM ADV TAI CHI 4PM	18 RHYTHM & RIDE 9AM (Jen) AQUAFIT 10:15AM (Jen)	19 YOGA 9:30AM (Wendy)
20 TOTAL BODY CONDITIONING 9:00AM (Wendy) YIN YOGA 10:15AM (Wendy)	21 BODY BALANCE 9AM (Donna) BODYPUMP - NEW 10:15AM (Jeff) AQUAFIT 10:15AM (Michelle)	22 PILATES 8:15AM (Elise) CYCLE FUSION - NEW 10:30AM (Jen) YOGA 9:30AM (Elise) MASTERS SWIM 10AM GENTLE FLOW YOGA 4PM (Elise)	23 CORE STRENGTH & STRETCH 9AM (Wendy) AQUA CIRCUIT 10:15AM (Wendy) TOTAL BODY CONDITIONING 4PM (Angela)	24 PILATES 9AM (Donna) BODY PUMP - NEW 10:15 AM (Jeff) MASTERS SWIM 10AM INTRO TAI CHI 2:30 PM ADV TAI CHI 4PM	25 RHYTHM & RIDE 9AM (Jen) AQUAFIT 10:15AM (Jen)	26 YOGA 9:30AM (Elise)
27 TOTAL BODY CONDITIONING 9:00AM (Elise) YIN YOGA 10:15AM (Elise)	28 BODY BALANCE 9AM (Donna) BODYPUMP - NEW 10:15AM (Jeff) AQUAFIT 10:15AM (Michelle)	29 PILATES 8:15AM (Elise) CYCLE FUSION - NEW 10:30AM (Jen) YOGA 9:30AM (Elise) MASTERS SWIM 10AM GENTLE FLOW YOGA 4PM (Elise)	30 CORE STRENGTH & STRETCH 9AM (Wendy) AQUA CIRCUIT 10:15AM (Wendy) TOTAL BODY CONDITIONING 4PM (Angela)	31 PILATES 9AM (Dona) BODY PUMP - NEW 10:15 AM (Jeff) MASTERS SWIM 10AM INTRO TAI CHI 2:30 PM ADV TAI CHI 4PM		

CLASS DESCRIPTIONS

YIN YOGA (Sundays)

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.

TOTAL BODY CONDITIONING (Sundays & Wednesdays)

This class is a full body integrated strength workout using a variety of small equipment. Weights, balls, tubing, and more. Increase your metabolism, core strength, sport conditioning and leave feeling strong.

BODY BALANCE (Mondays)

This class combines four components of fitness, in this fun one-hour class. Balance, strength, endurance & flexibility will be the focus. Variety will also be a focus. Shoes are optional

BODYPUMP (Mondays & Thursdays) *NEW*

The specially designed Body Pump class focuses on improving strength, stamina, and endurance, using a combination of dumbbells, barbells, and body weight exercises. This low-impact workout incorporates controlled, full-body movements to promote muscle strength, joint stability, & improved balance. Participants will perform exercises like squats, presses, and rows, all at a manageable pace, with modifications for individual needs available.

AQUAFIT (Mondays & Fridays)

Have fun in the pool while improving overall fitness and strength. A beneficial class for anyone looking to increase strength and flexibility. Keep it low impact by working with the resistance of the water.

CYCLE FUSION (Tuesdays) *NEW*

This dynamic 60-minute Cycle Fusion class combines the best of cardio and strength training for a full-body workout. The first 40 minutes are spent on the spin bike, with high-energy, instructor-led cycling routines designed to enhance cardiovascular endurance, burn calories, and boost stamina. The final 20 minutes focus on strength & core exercises off the bike. Using body weight, dumbbells, and resistance bands, targeting key muscle groups, especially the core. This combination ensures a balanced workout that leaves you feeling strong and energized

PILATES (Tuesdays & Thursdays)

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.

YOGA (Tuesdays & Saturdays)

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

MASTERS SWIM (Tuesdays & Thursdays)

This class is geared at "fitness" swimmers who train primarily for health benefits. In these workouts, swimmers will follow a set of different drills and swims each time typically covering anything from 1.5 km to 3.5 km per one-hour session. Must be able to swim 100 meters non-stop. Club members will.

GENTLE FLOW YOGA (Tuesdays)

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

CORE STRENGTH & STRETCH (Wednesdays)

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 CIRCUIT (Wednesdays)

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.

GUIDED TAI CHI - INTRO (Thursdays)

Yang-Style Tai Chi 24 Form (Beginner Level). Tai Chi is a gentle pattern of meditative movement that is coordinated with breathing. Come join in if you are new to Tai Chi or are interested in a refresher. You will have an opportunity to participate in a Qi Gong exercise routine and watch a demo of the "24 Form."

GUIDED TAI CHI - ADVANCED (Thursdays)

Lead instructor Michael will guide you skillfully through the meditative moves of Qi Gong, Qi Colling, and Tai Chi. This meditation in motion class will release your stress and gently stretch your muscles, body, and mind.

RHYTHM & RIDE (Fridays)

Let the music move you in this cycle class. Request a song and ride to the beat of the music you choose! In this 45-minute workout you will boost your metabolism and build your cardio strength.