



Winter 2012 Group Fitness Schedule

Effective Jan. 5th, 2012

Dilworth Shopping Centre Location Hours

Mon-Fri: 5:30am-10:00pm

Sat: 8:00am-8:00pm

Sun: 8:00am-6:00pm

Contact Kelowna

t: 250-869-8004 f: 250-869-8005

Contact West Kelowna

t: 250-769-4808 f: 250-769-4809

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Time	Studio	Spin	Studio	Spin	Studio	Spin	Studio	Spin	Studio	Spin	Studio	Spin	Studio	Spin
6:00am	*Energy* Camp Alva				*Energy* Camp Alva				*Energy* Camp Alva					
9:00am	Step Party Jen		Bosu Intervals Denise	Spin Pam	Interval Step Lisa		Zumba Roxanna	Spin Pam	SST Gord		Zumba Amy/ Hong	Spin Wendi		
10:00 am	Core Jen								Yoga Melissa		SST Wendi			Zumba Gold Di
12:15 pm	Spin & Core Wendi				Spin & Core Denise						11:30 *TRX* Keith & Dave			
4:00pm	*HIIT* Circuit Alva				*HIIT* Circuit Alva				*HIIT* Circuit Alva					
5:00pm	Core Alva		*Body* Camp Gord		Core Ryan		*Body* Camp Gord			5:15 Spin Ex- press Gord				
5:30pm	Zumba Hong/Amy	Spin Carey			Zumba Jennifer	Spin Gord		Spin Tracy			*Fit for*2 Classes are held in the Women's Only Side			
6:00pm	*Fit for* 2 Laura-Mae 6pm		Core Angelique	Spin Carey	*Fit for* 2 Laura-Mae 6pm		Bosu Core Krista		Body Camp Gord	*Fit for* 2 Laura-Mae 6pm	Express Classes are 45 minutes in length. Core Classes are 30 minutes in length.			
6:30pm	SST Angelique		Bosu Interval Carey		SST Denise		Pilates on the Ball Krista				All other classes are 60 minutes in length			
7:30pm	Zumba Cora		Yoga Melissa		Zumba Amy/Hong		Yoga Mary				Sessions with a * are paid GROUP PERSONAL TRAINING!			

Class Descriptions

Zumba

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® to engage and captivate for life!

Pilates on the Ball

This class incorporates the Stability ball into the Pilates exercise to add the element of instability and thus challenge the core and SST -Sculpt balance even further.

Yoga

Develop a better understanding of the essence of yoga as well as a major muscles groups while increasing core stabilization. (BOSU-strong, lean supple body while quieting the mind in this calming SST uses the BOSU for most exercises) inward experience. Great for individuals wanting a challenging muscle and stabilization workout leaving you completely relaxed BOSU- Intervals upon end.

Spin

Spinning is a high energy, non-impact cardiovascular conditioning fitness levels. class. It utilizes music, imagination and fun athletic drills to give you an invigorating workout.

Noon hour Spin classes are 45 minutes of Spin followed by either back for more. Step Party is full of fun and energetic choreography an extended stretch, core or strength segment .(*Express is 45 and is great for those with some previous step experience (though minutes Spin only)

Interval Step

It's the ultimate workout combining intervals of step drills with muscle conditioning. Suitable for all levels. Great calorie burner!

Body Camp

Results, results, results. ENERGY is the fastest way to get in shape. Imagine a world where men and women, young and old train side by side achieving their fitness dreams. ENERGY is a revolutionary You can now register for classes online! Just visit <https://clients.mindbodyonline.com/ASP/home.asp?studioid=19135> exercise concept that works every major muscle group in the body. A complete athletic workout that strengthens, conditions, and defines muscle like nothing else can. ENERGY is not an aerobic class, it is a weight training class for the aerobic studio.

H.I.I.T MMA

Feel the power of a workout that's not too Technical. Athletic cardio and strength conditioning incorporated into individual stations placed in a circular pattern around the studio. Participants will travel from one station to the other throughout the class to get a total body workout. Don't forget the opportunity to unleash the boxer within at the focus pads station or with the battle ropes. What are you waiting for?

Maximize your muscular conditioning potential and burn calories in this Super Setting strength class. Let the instructor be your personal trainer taking you through a workout geared to burn fat, work all

This class combines BOSU drills, simple step moves and some strength plyometric type intervals. A great way to increase strength, stability and stamina at a level that is safe and effective for all

Step Party

This creative and energetic pure step class will leave you coming

all levels are welcome).

We reserve the right to change class formats and instructor line ups when necessary and without prior warning.



Class Reservation Procedures

All classes may be booked starting at 7:30am one day prior to class.

Booking for one person is accepted with each phone call 869-8004 .

Names are taken in order until the class is full and then a stand-by list is established.

Please check in 10 min. prior to class, anyone not checked in by the start of class will forfeit their spot.

If you are unable to attend please call by 9:00pm the evening before, or at least three hours prior to the start of class.

Persons who are "no shows" will not be allowed to reserve space for future classes.

In order to be fair to all our members, we will not allow exceptions to these procedures. Thank you for your cooperation.