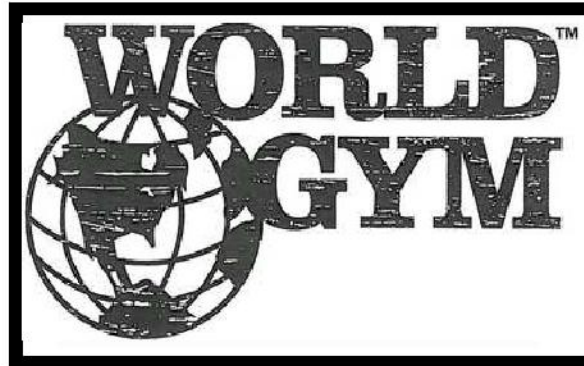


Winter 2012 Group Fitness Class Schedule

Effective Jan. 2nd, 2012



WG2: Westbank

Bus: (250) 769-4808

Fax: 769-4809

Club Hours

Monday-Friday

5:30am-10:00pm

Saturday 8:00am-8:00pm

Sunday 8:00am-6:00pm

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
9:00am	Cardio Kickbox Colleen	Sculpt April	Spin & Bosu Core Gloria	Yoga Anita	Bosu Circuit Colleen	Spin Clint	
5:00pm	Spin and Ball Bree	Spin & Bosu Core Gloria	Zumba Roxane & Ale	5:30pm Circuit Training Gloria			11:00am Zumba Roxanne
6:00pm	Cardio Sculpt April	Circuit Training Gloria	Spin & Strength April	6:30pm Mat Pilates Gloria	*Express Classes Are 45 minutes In length		
7:00pm	Yoga April	Zumba Amy	Yoga Leslie				

Join us at our Dilworth location as well!

You can now register for classes online! Just visit <https://clients.mindbodyonline.com/ASP/home.asp?studioid=19135>

When prompted "Is this you?" click Yes

Class Descriptions

calming inward
experience. Great for

individuals wanting a challenging muscle
and stabilization workout leaving you

Spin

Spinning is a high energy, non-impact completely relaxed upon end.

cardiovascular conditioning class. It utilizes music,
imagination and fun athletic drills to

give you an invigorating workout. We have Sculpt

top of the line spin bikes with heart rate and Your own personal trainer takes you

cadence monitors to make it a truly inspiring through a strength work out in this super set
workout!

style class. Proper instruction and a wide
variety of exercises will improve your
knowledge and confidence in strength
training. Come get your burn on!!

Spin and BOSU Core

This class ends with a core component using
the BOSU to increase torso stabilization,
posture, functional strength and athletic
performance.

Spin and Ball

A 30 minute spin segment combined with a
30 minute strength training component
using the Fitball will help you to burn
calories, increase cardio endurance and
improve balance, core strength and
flexibility.

Cardio Sculpt

Intervals of athletic based cardio
movements combined with intervals of
combination strength training to optimize
fat burn and strength gains.

Step & Strength

Simple Step drills combined with
strength intervals designed to increase
your overall strength and endurance.

Yoga

Develop a better understanding of the
essence of yoga as well as a strong, lean

supple body while quieting the mind in this Circuit Training

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 (769-4808)

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. This
allows the staff time to phone participants
on the wait list.

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