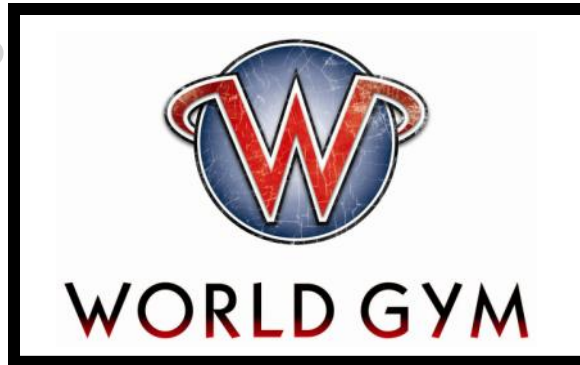


Group Fitness Schedule Winter 2010



WG2: Westbank
 Bus: (250) 769-4808
 Fax: 769-4809

Club Hours
 Monday-Thursday
 5:30am-10:00pm
 Friday 5:30am-8:00pm
 Saturday and Sunday
 8:00am-6:00pm

Effective Jan 4th, 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIME						
9:00am	Cardio Kickbox Colleen	Belly Buster Lisa	Spin & Core Robyn	Hi/Lo Pump Lisa	Cardio Kickbox Colleen	Spin April
5:30pm	Spin& Ball Bree	Cardio Sculpt Jenny	Sculpt April			10am Yoga April
6:30pm	Spin April	Spin Plus Jenny	Spin & Core April	6:00pm Spin Robyn		
7:30pm	Yoga April		Yoga Jess	7:00pm Cardio Kickbox Colleen		

Join us at our Dilworth location as well!

Class Descriptions

Spin

Spinning is a high energy, non-impact cardiovascular conditioning class. It utilizes music, imagination and fun athletic drills to give you an invigorating workout. We have top of the line spin bikes with heart rate and cadence monitors to make it a truly inspiring workout!

Spin and Core

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

Spin Plus

45 minutes of spin followed by a 15 min stretch component.

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.

Sculpt Express (45 min)

Let the instructor be your personal trainer taking you through a workout geared to burn fat, work all major muscles groups and increase core stabilization. All fitness levels welcome.

Cardio Kick Boxing

An intense class combining Hi and Lo impact with boxing combinations and core stability. Great for defining the upper and lower body. Adaptable for all fitness levels.

Belly Buster

This class is a combination of Belly Dance and Zumba type moves. Try it!

Yoga

Develop a better understanding of the essence of yoga as well as a strong, lean supple body while quieting the mind in this calming inward experience. Great for individuals wanting a challenging muscle and stabilization workout leaving you completely relaxed upon end.

Core

Designed to sculpt and strengthen the abdominals and lower back. Great for torso stabilization, function and posture as well as improving athletic performance. All levels welcome.. work at your own pace.

Pilates

Stand up strong and tall after learning the 5 basic principles of Stott Pilates: Breathing, pelvic and ribcage placement, scapular movement and cervical spine placement. In return you will increase circulation, relieve tension and lengthen your spine. No previous experience necessary.

Cardio Sculpt

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

Hi/Lo Pump

Traditional floor aerobics with funky new contemporary combinations. Add some strength pump exercises and you have a sweat fest full of fun!

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.

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

We reserve the right to change instructor line-up or class format when necessary.