

ADULT FITNESS Classes

Summer Session: June 28 - September 4, 2010

Note: There will be no classes on Thursday, July 1 (Canada Day), Monday, August 2 (Civic Holiday), and Monday, September 6 (Labour Day)

Cardio Workouts: A heart pumping workout guaranteed to raise your heart rate and burn calories

Strength programs: Build power and endurance with these strength based programs.

Tone and Stretch: These classes focus on core body strength, breathing and balance exercise

Low impact: Cardio classes including walking programs, light weights, strength and flexibility

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7-8 am Breakfast Boot Camp with Judy #10883		7-8 am Breakfast Boot Camp with Judy #10884		
9-10am *Body Blast with Rosie #10885	9-10am *Half 'n Half with Mary Ann #10887	9-10am *Power Circuit with Helen #10889	9-10am *Half 'n Half with Mary Ann #10888	9-10am *Body Blast with Rosie #10886	9-10am *All Mixed Up with Helena #10890
10-11am Yoga with Karen #10892	10-11am Rock Bottom with Rosie #11145	Lower Body Boot Camp	10-11am Total Body Stretch with Meta 5 week program #10921		10-11am Intermediate Pilates with Mary Ann #10895
11am-12 noon *Walkers Plus! with Meta Class held in the Gymnasium 5 week program #10896	11am-12 noon *W.O.W. Women on Weights Women on Weights with Meta 5 week program #10898	11am-12 noon *Walkers Plus! with Meta Class held in the Gymnasium 5 week program #10897	11am-12 noon *W.O.W. Women on Weights Women on Weights with Meta 5 week program #10899		
12:15-12:45pm Pilates - Tummy Tuck with Mary Ann #10900		12:15-12:45pm Pilates - Tummy Tuck with Mary Ann #109001			
	5:15-6pm *6 Pack-Attack with Rosie #10902				
6-7pm *Cardio Pump with Helena #10903	6-7pm Pilates with Mary Ann #10904	6-7pm *Cardio Pump with Helena #10906	5:30-6:30pm Pilates. The Basics, Stretches with Mary Ann 5 week program #10905	6-7pm *Friday Nite in motion with Helena #10907	
	7-7:45pm I Ride Inside with Helena #10909		7-8 pm Cardio Kick Boxing with Blair #10911	New Program	
	7-8 pm Cardio Kick Boxing with Blair #10912	New Program			
	7-8 pm Yoga with Jesi #10893				

Adult Fitness

Walkers Plus, W.O.W. Women on Weights, Total Body Stretch, and the Thursday 5:30pm Pilates programs will run for five weeks.

12 MONTH MEMBER: Fitness classes listed in this chart are free to our 12 month members except Cardio Kick Boxing. Please register at the reception desk.

3 OR 6 MONTH MEMBER: Purchase a Program Card to attend Specialty Classes (see fee schedule). Core Classes* are included in 3 or 6 month membership.

NON-MEMBERS: Purchase a Program Card for each program above or pay single visit fee to attend one class.

Program Cards expire within 1 year of purchase.

FEE SCHEDULE

Specialty Classes: Breakfast Boot Camp, I Ride Inside, all Pilates classes, Rock Bottom, Total Body Stretch, Yoga

10 wk program \$42+HST 5 wk program \$21+HST

Cardio Kick Boxing (not included in annual membership) \$42+HST

FREE! Summer Child Care • June 28 - Sept. 1

Morning Hours: Mon & Wed 9:00 am-12:00 noon

Evening Hours: Mon & Tues 5:45-8:00 pm

FREE CHILD CARE WHILE YOU WORK-OUT AT THE COMPLEX!