



## FITNESS CLASS SCHEDULE January 2 – April 30, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00am		Classic Stretch		Classic Stretch		Classic Stretch	
9:00-10:00am	Low Impact		Cardio Combo		Low Impact	Muscle Fit	Indoor Bootcamp (9:30-10:30am)
10:30-11:30am	Gentle Fit		Gentle Fit		Gentle Fit	<b>Statutory Holidays</b> Fri Apr 2 Mon Apr 5 Gentle Fit 10:30-11:30am and Low Impact 9:00-10:00am No class Sat Feb 6 & Mar 6	
5:30-6:30pm	Core Strength Plus	Cardio Core	Total Body Conditioning	Cardio Kickboxing	Total Body Conditioning		
6:30-7:30pm	Total Body Conditioning	Cardio Step and Sculpt	<b>NEW</b> Powder Buff				

**Gentle Fit (mild)** Perfect for beginners, returning to fitness, or recovering from injury - talk to your instructor about any concerns.

**Low Impact (mild to moderate)** Morning class to get you going - no jump, easy on the joints.

**Cardio Combo (moderate to challenging)** The ultimate cardio conditioning combination class! A mix of high/low power moves on the floor combined with muscle conditioning and core stability focus. A complete full body conditioning class designed for all fitness levels.

**Total Body Conditioning (challenging)** Combines step aerobics with exercise to tone, strengthen, and sculpt entire body!

**Core Strength Plus (moderate)** Get those untrained muscles back into shape. Primary focus is on core exercises for lower back and abdominals. No cardio component.

**Classic Stretch (moderate)** This no cardio class will focus on increasing flexibility and calming the mind.

**Muscle Fit (moderate to challenging)** Experience a complete strength training workout that focuses on all major groups. No cardio component.

**Cardio Core (moderate to challenging)** Intervals of bootcamp style cardio and core strengthening exercises.

**Cardio Step & Sculpt (moderate to challenging)** A total body workout! Build on fun step choreography, alternating muscle toning with cardio intervals.

**Cardio Kickboxing (challenging)** High impact workout focused on increasing cardio fitness and muscular strength. Incorporates punches, blocks and kicks with heart pumping combos and drills.

**Indoor Bootcamp (challenging)** Intense mix of cardio and strength training drills with a soothing stretch to finish.

**Powder Buff (challenging)** Get your ski/snowboard legs back in shape. Circuit style intervals working on strength, endurance and flexibility.



CLASS FEES	Adult	Student/Youth	Senior
Drop-in	\$5.00	\$3.75	\$3.50
10 Tickets	\$45.00	\$33.75	\$25.00
1 month	\$40.00	\$30.00	\$28.00
2 month	\$70.00	\$55.00	\$50.00
3 month	\$100.00	\$70.00	\$68.00
6 month	\$190.00	\$138.00	\$140.00

**\*Note: Schedule is subject to change without notice. Classes with insufficient attendance will be subject to cancellation**

## HEALTH & WELLNESS

### Ayurvedic Way: Discovering your Body-Mind Type

Take charge of your health and rediscover vitality. Whether you want to control weight, reduce anxiety, manage stress, or cope with physical ailments, understanding your unique psychobiological constitution will help you find the most effective route to a healthier mind and body right now. Discover the sense of well-being that arises when we gain a deeper understanding of our minds and bodies and become the orchestrators of our own health.

Instructor: Angela Inglis  
Sun 1:00pm-4:30pm  
Mar 28 \$55/1 sess 44321.101KT

### Ayurvedic Way: Design a Diet and Lifestyle

Ayurveda, the Traditional Medicine of India, shows us that each of us has a unique body-mind make-up, so our diet and lifestyle must also be individually-designed to meet our needs. Discover how the seasons, the food you eat and the activities you engage in affect your individual psychobiological balance. Learn how to modify foods with cooking techniques and the addition of spices, to make them more appropriate for your constitution. Find out how to alter your diet each season to prevent illness before it strikes. \*Pre-requisite: Discovering your Body-Mind Type. Those with prior knowledge of Ayurveda and their constitution may also attend upon approval from the instructor.

Instructor: Angela Inglis  
Sun 1:00pm-4:30pm  
Apr 11 \$55/1 sess 44321.102KT

### Brain Reprogramming - Feldenkrais

Because it is your brain that tells your muscles what to do, why not take advantage of its innate capacity to learn, thereby improving your flexibility, mobility, breathing, posture, and relieve stress and pain. Beneficial in sports, dance and everyday living. No class Apr. 5th.

Instructor: Helen Purkis  
Mon 6:30pm-8:00pm  
Jan 4-Apr 19 \$129/14 sess 44850.101KT

### 360 Food & Fitness Workshop

Join three highly qualified staff and learn the full 360 on Food & Fitness. Spend the first hour with a certified Nutritionist learning the nutritional values your body needs to work efficiently and matching them with the right foods to eat. Spend the second hour cooking with Culinary Artist Chef Mark as he applies this information into a healthy diet while keeping the best nutritional values of each food item. And spend the last hour with a certified kinesiologist/personal trainer who will show you the most effective way to burn off those extra calories. A perfect fitness plan for the mind, body & soul!

Tue 6:00-9:30pm  
Mar 2 \$53/1 sess 69050.101KT

### Multiple Sclerosis Group

For individuals diagnosed with MS. Join this informal group in sharing & caring. For further information, please contact contact Wendy or Violet 736-1240. No meeting Apr. 2.

Fri 1:00pm-3:00pm  
Jan 8-Apr 30 Free 46000.101KT

### Buddhist Philosophy & Vipassana Meditation

This is an interactive course with lots of group discussion, covering Theravadin Buddhism with topics such as mindfulness, meditation, karma & the round of rebirth, ethics, reducing stress and anger, plus social teaching. Expect some fun too! Includes short periods of breath, walking and loving kindness meditation taught in a clear, step-by-step way. Instructor is a former monk; Info: theravada.ca or 738-8475.

Instructor: Brian Ruhe  
Sat 9:30am-3:30pm  
Jan 16 \$33/1 sess 44905.103KT  
Mon 7:00pm-9:15pm  
Mar 15-Mar 29 \$39/3 sess 44905.101KT

### Introduction to Meditation

Meditation isn't easy. Learn breath, metta and walking techniques to focus your mind and feel more inner strength and peace. Learn five ways to remove distracting thoughts, ways to deal with difficult situations, find antidotes to anger, worry and sleeplessness. Infuse mindfulness into your life. Instructor is a former monk; Info: theravada.ca or 738-8475.



Instructor: Brian Ruhe  
Sat 1:30pm-4:00pm  
Mar 13 \$19/1 sess 44905.102KT  
Thu 7:00-9:00pm  
Jan 7-Jan 14 \$29/2 sess 44905.105KT