

REGISTERED FITNESS PROGRAMS

Fall registered classes start September 13th

Zumba

Zumba fuses Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Achieve long term benefits while experiencing an absolute blast in an exhilarating hour of caloric-burning, body-energizing movements.

Instructor: Maya Campagnaro

Tuesdays: 7:30 – 8:30 pm

Sept 14 – Dec 14 (14 classes)

Members Fee: \$84

Non Members Fee: \$168

DROP IN TO REGISTERED FITNESS (SPACE PERMITTING) FOR \$8/CLASS FOR MEMBERS & \$14/CLASS FOR NON-MEMBERS

Hatha Yoga, Intermediate Level

A classic approach to yoga that emphasizes physical detail and focus, while incorporating asana (postures), pranayama (breath-work) and relaxation. Providing stress reduction, increased flexibility and strength for those moving beyond the beginner stage. Students will explore more advanced Asana such as backbends, inversions, and deep twists.

Instructor: Donna Kanomata

Mondays: 7:00 – 8:15 pm

Sept 13 – Oct 25 (6 classes) (No class Oct 11)

Nov 1 – Dec 13 (7 classes)

**Members Fee: \$36 (6 classes)
\$42 (7 class)**

Non Members Fee: \$72 (6 classes)

\$84 (7 classes)

NEW! Yoga for the Soul, Intermediate Level

The idea of Terri's Healing Yoga is to coordinate asana (posture) and movement with deep breathing to allow free flow of prana (life-force) to all parts of the body. This Hatha-based yoga practice involves strong physical movements, deep conscious breathing and opportunities for relaxation, stress reduction and relief of muscular tension. *Instructor: Terri Salmon*

Wednesdays: 7:00 8:15 pm

Sept 15 – Oct 27 (7 classes)

Nov 3 – Dec 15 (7 classes)

Members Fee: \$42 (7 classes)

Non Members Fee: \$84 (7 classes)

NEW! Family Sports Club at the Trico Centre

Bring your entire family along for 1 hour a week of sports based fun that everyone can enjoy! This non-competitive program brings adults and children of all ages together to participate in a different sport every week. Sports include: Soccer, Floor hockey, Badminton, Track and Field, Kickball and Basketball.

Monday 6:15 – 7:15pm

Session 1: Sept 20 – Nov 1 (6 classes)
(no class Oct 11)

Session 2: Nov 8 – Dec 13 (6 classes)

**Fee: \$75.00 for first adult and child
Additional adults & children
\$20.00 each**

Hardcore Boot Camps

Hardcore Boot Camps are designed for those who are truly ready to work out and yes you might get yelled at (in a good way). This will be an athletic and military type work out pushing you harder than you thought you could go.

Mondays: 10:30 – 11:30 am or 6:15 – 7:15 pm

Sept 13 – Oct 25 (6 classes) (No class Oct 11)

Nov 1 – Dec 13 (7 classes)

Wednesdays 10:30 – 11:30 am or 6:15 – 7:15 pm

Sept 15 – Oct 27 (7 classes)

Nov 3 – Dec 15 (7 classes)

Fridays: 10:30 – 11:30 am or 6:15 – 7:15 pm

Sept 17 – Oct 29 (7 classes)

Nov 5 – Dec 17 (7 classes)

**Members Fee: \$36 (6 classes)
\$42 (7 class)**

Non Members

Fee: \$72 (6 classes)

\$84 (7 classes)

Pilates

Instructor Glory Durnin offers over 10 years of Pilates teaching combined with her Physical Minds Certification. Using the Stott's training method, this class helps you achieve a stronger, more efficient body and core through the use of dynamic Pilates equipment and hands on coaching methods.

Thursdays: 12:30 - 1:30 pm

Sept 16 - Oct (7 classes)

Nov 4 - Dec 16 (6 classes) (no classes Nov 11)

**Member Fee: \$36 (6 classes)
\$42 (7 classes)**

Non Member Fee: \$72 (6classes) \$84 (7 classes)

TRX

TRX is a suspension training system that has changed the fitness industry. This innovative training tool uses your own body weight to build total body strength, balance, flexibility and core stability for people of all fitness levels. Have a blast while getting the workout of your life.

Tuesdays: 7:00 – 8:00 am or 7:00 – 8:00 pm
(Tuesdays are Advanced classes)

Sept 14 – Oct 26 (7 classes)

Nov 2 – Dec 14 (7 classes)

Thursdays: 7:00 – 8:00 am or 7:00 – 8:00 pm

Sept 16 – Oct 28 (7 classes)

Nov 4 – Dec 16 (6 classes) (No Class Nov 11)

**Members Fee: \$36 (6 classes)
\$42 (7 class)**

Non Members

Fee: \$72 (6 classes)

\$84 (7 classes)

Lose It Challenge

Best value for an overall fitness program!

RESULTS, RESULTS, RESULTS! This structured 4 month program will kick start your fitness and diet to get you into the best shape of your life. Program includes an initial Fitness Assessment and Body Composition Test, a comprehensive Diet Analysis and Nutrition plan, a personalized fitness program, plus 16 personal training sessions. Weekly Personal Training sessions will focus on increasing and improving your metabolism and fitness levels. Midpoint of the program has another hour of nutrition coaching to answer questions you may have and follow up. A final assessment at the end of the program will show you the incredible results that occur when you live healthier. It's a great program, but more importantly, our enthusiastic and motivating leaders will make sure you get lots of support and have FUN as you make these incredible lifestyle changes. (You pick the dates and times of all your sessions.)

September to December

Fee: Retail value of program \$1515

Members Fee: \$1300

Non Members Fee: \$1400

\$500 Makeover Package courtesy of SEARS Southcentre for the winner.

UP TO DATE SCHEDULES AVAILABLE ONLINE OR AT GUEST SERVICES.