

Winter 2010 Group Fitness Schedule

Revised Jan 4th, 2010



WORLD GYM

WG1: Dilworth Shopping Centre

Bus: (250) 869-8004

Fax: (250) 869-8005

Club Hours:

Monday to Friday 5:30am to 10:00pm

Saturday 8:00am to 8:00pm

Sunday 8:00am to 6:00pm

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Time	Studio	Spin	Studio	Spin	Studio	Spin	Studio	Spin	Studio	Spin	Studio	Spin	Studio	Spin
6:00am		Spin Robyn				Spin Holly				Spin Holly				
9:15am	Interval Step Lita		Bosu SST Lise	Spin Pam	Pure Step Lisa		Cardio Circuit Training Dawn	Spin Pam	SST Sharon		9:00 Step Lita	9:00 Spin Holly		9:00 Spin Carina
10:15 am	Core Lita								Yoga Leslie			10:00 SST Lita		
12:15 pm		Spin & Core Dawn			3:45 *TRX Tyler	Spin & Strength Dawn				Spin Express Ryan				
5:00pm	Core Gord		Bosu Intervals Gord		Core Ryan					5:15 Spin Express Gord				
5:30pm	SST Angelique	Spin Gord		NEW!! —>	Kickboxing Circuit Ryan	Spin Gord		Spin Carina			Core Classes are 30 minutes in length			
6:00pm			Core Angelique	Spin Ryan			Bosu Core Krista			*TRX Gord	Express Classes are 45 minutes in length			
6:30pm	Cardio Kick Box Lise		SST Angelique		Bosu Intervals Angelique		Pilates on the Ball Krista				All other classes are 60 minutes in length			
7:30pm	Pilates- Mat 1 Lise		Yoga Jess		NEW- Zumba Mike	NEW TIME —>	8:00PM Yoga Lise				Classes with * are paid classes			

Class Descriptions

Core/ Bosu 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. BOSU Core uses the BOSU trainer for most exercises increasing the stabilization factor.

Pilates Mat Level I

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.

Pilates on the Ball

This class incorporates the Stability ball into the Pilates exercise to add the element of instability and thus challenge the core and balance even further.

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.

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.

Noon hour Spin classes are 45 minutes of Spin followed by either an extended stretch, core or strength segment . (*Express is 45 minutes Spin only)

Cardio Circuit Training

It's the ultimate circuit workout combining intervals of cardio drills and muscle conditioning. Enjoy the variety of classes that may use jump ropes, bosus, boxing drills, relay races and even a bit of healthy competition. Suitable for all levels. Great calorie burner!

SST –Sculpt

Maximize your muscular conditioning potential and burn calories in this Super Setting strength class. Let the instructor be your personal trainer taking you through a workout geared to burn fat, work all major muscles groups while increasing core stabilization. (BOSU– SST uses the BOSU for most exercises)

BOSU– Intervals

This class combines BOSU drills, simple step moves and some strength plyometric type intervals. A great way to increase strength, stability and stamina at a level that is safe and effective for all fitness levels.

Pure Step

This creative and energetic pure step class will leave you coming back for more. Great for those with some previous step experience though all levels are welcome.

Interval Step

A strong and challenging class using intervals of step and strength exercises for a complete training session. All levels welcome.

Cardio Kickboxing

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.

****We reserve the right to change class formats and instructor line ups when necessary and without prior warning.****



WORLD GYM

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 869-8004 .

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.

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.