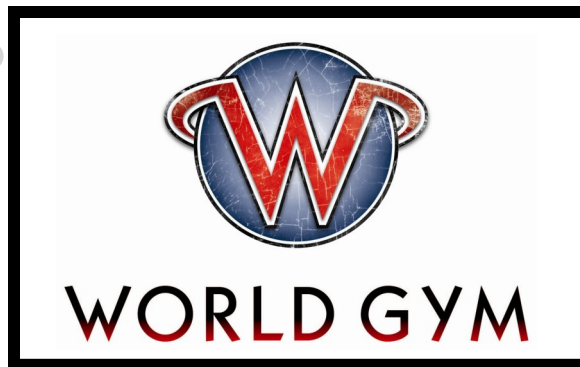


Group Fitness Schedule Summer 2010

Effective July 2, 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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIME						
9:00am	Cardio Kickbox Colleen	NEW!! Sculpt Gloria	Spin and Core Gloria	NEW!! Yoga Jess	NEW!! 20/20/20 Colleen	
6:00pm	Spin & Ball Bree	NEW! 20/20/20 Colleen	Spin & Core April	NEW! Cardio Sculpt Gloria		
7:00pm	Yoga April		Yoga Veda (Christine)			

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.

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.

Sculpt

Your own personal trainer takes you through a strength work out in this super set style class. Proper instruction and a wide variety of exercises will improve your knowledge and confidence in strength training. Come get your burn on!!

Cardio Sculpt

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

20/20/20

Three different components in one... step, kickbox and core!! Or any combination of cardio and strength to change your work outs up. Never a dull moment in this class.

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.