
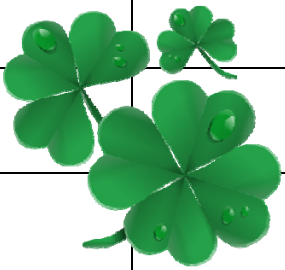


MARCH 2010 CLASS SCHEDULE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------------|-------------------------------|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 6:30-7:15am Studio or Main Floor | Power Cycling <i>Bonni</i> | Body Sculpting <i>Sarah</i> | Power Cycling <i>Lisa</i> | Body Sculpting <i>Jessica</i> | | |
| 10:45-11:15am Studio | |  Core Express <i>Jessica</i> | | | | |
| 11:30-12:15pm Studio | Cardio Pump <i>Michele</i> | Athletic Cardio <i>Sarah</i> | Upper Body Blitz <i>Michele</i> | Resist & Release <i>Bonnie</i> | Step n' Core <i>Nicole/Kim/Sarah</i> | Super Saturday 10am – 11am Starts Mar. 13 th Michele |
| 11:30-12:15pm Main Floor | Power Cycling <i>Lisa</i> | Boot Camp <i>Darrel</i> | Power Cycling <i>Bonni / Annie</i> | Boot Camp <i>Darrel</i> | Cycle & Core <i>Bonni</i> | |
| 12:00-12:50pm Outside | | Running Group <i>Kory</i> | | Running Group <i>Kory</i> | | |
| 12:20-1:05pm Studio | Fusion <i>Michele</i> | Butts & Guts <i>Sheena</i> | Fusion <i>Michele</i> | Mixed Level Pilates (12:20-1:20) Starts Mar. 11 th <i>Joyce</i> | Vinyasa Flow Yoga (12:20-1:20) Starts Mar. 12 th <i>Lindsay</i> | |
| 12:20-1:05pm Main Floor | Cardio Kickbox <i>Erik</i> | Cycle & Core <i>Annie / Jenneane</i> | Cardio Kickbox <i>Scott</i> | Power Cycling <i>Lana</i> | Cardio Kickbox <i>Scott</i> | |
| 4:30-5:30pm Studio | | 20/20/20 <i>Michele</i> | Core Yoga Starts Mar. 10 th <i>Lindsay</i> | | | |
| 4:30-5:30pm Main Floor | | Golf Conditioning Starts Mar. 23 rd <i>Kaitlin</i> | | | |  |
| 5:00 – 6:00pm Studio or Main Floor | | | H.I.T. (Main Floor) <i>Kevin</i> | Zumba (Studio) Starts Mar. 11 th <i>Lynn Ann</i> | | |
| 5:15-6:15pm Main Floor | Cycle & Core <i>Lori</i> | | | | | |

SCHEDULE DESIGN

The class schedule is designed to offer you a variety of classes each day. Select different classes throughout the week to prevent overuse injuries, maintain a healthy posture and have fun. We recommend supplementing classes that are mainly aerobic with additional stretching and strengthening exercises. All classes are self-paced, which means you determine the exercise intensity that is best for you. Leaders will provide options to decrease and increase your intensity. We encourage you to exercise according to your fitness level. The Fitness Centre staff and Leaders care about your health and safety.

CLASS CANCELLATION

Unfortunately, when there are consistently less than 5 people attending a class, it will be cancelled. We will provide you with a minimum of one week's notice.

Class Descriptions:

ATHLETIC CARDIO: Get ready to sweat and burn major calories in this interval based cardio class. Using the step, traditional hi/lo and athletic drills, you will rev up your heart rate!

BODY SCULPTING: Looking to tone up your body? 45 minutes weight training in the studio. Lift, lift, and lift until it burns! All fitness levels welcome.

BUTTS & GUTS: Targetting two most wanted areas in the body. You will work muscular strength and endurance in your abdominal and gluteus regions. You will work until you cannot do anymore!

CARDIO KICKBOXING: Learn the proper technique for throwing powerful punches and crushing kicks. This class is a great way to get into shape- muscular endurance, cardio and lots of fun.

CARDIO PUMP: This class design strives for muscular strength and endurance while maintaining a continual cardiovascular workout. We use steps, bars, dumbbells, and tubing as well as a variety of training techniques.

STEP N' CORE: This class is packed with Step choreography and interval drills. It's designed to improve your cardiovascular fitness and challenge your body with a variety of moves. An extra core component at the end rounds out the class! All fitness and experience levels welcome.

FUSION: A beautiful blend of 3 disciplines: Tai chi, Yoga and Pilates. Focus on strength, flexibility, balance and breath. Experience physical challenges, while finding inner-strength and focus.

POWER CYCLING: Put your head down and ride! Motivating music & little voice in your ear telling you to go, go, go. 45-60 minutes of steady high intensity cardio. If you like to cycle this ones for you – bring your water bottles and towel! All fitness level welcome!

BOOT CAMP (Advanced Level): This class gives you an anaerobic plus muscle-strengthening workout. Through the use of basic athletic movements, you will definitely feel like you got worked! Don't be shy; you can work at your own pace.

UPPERBODY BLITZ: Tone and strengthen your upper body without gaining the muscle bulk. This class will help increase your upper body strength and help provide the "Hollywood" sculpted look.

H.I.T.: High Intensity Training is a total body workout involving basic strength exercises at a high intensity, often surpassing 600 repetitions per class!

RESIST & RELEASE: A functional workout designed to target large muscle groups, burn calories and keep your heart rate up with cardio intervals. An extended stretch too!

20/20/20: This one hour class combines cardio, muscle conditioning and our fusion blend of yoga, tai chi and pilates. A great all-around workout!!

CORE EXPRESS: This is a 30 min class that focuses on building endurance and strength in the abdominals, obliques and back muscles!

Registered Programs: *Please sign up at the reception desk!*

ZUMBA: The Zumba Program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

SUPER SATURDAY: Michele Carmichael will give you a great weekend workout! The perfect blend of step and / or hi/lo choreography will give you the results you are looking for with the intensity only Michele can provide!

MIXED LEVEL PILATES: A must-do class for anyone looking to improve core strength or back health. Learn to stabilize, engage and challenge your core musculature. All levels welcome.

VINYASA FLOW YOGA: This invigorating yoga class involves moving steadily from one posture to the next. Challenge your balance, core strength and flexibility with this popular style of yoga.

CORE YOGA: Focuses on the strength & flexibility of the core muscles of the body to improve balance, stability and alignment. This practice focuses on strengthening the key core muscles through breathing techniques, proper alignment in asanas and a deeper exploration of the movements and lines of energy of the body. Modifications are given and all levels of practice are welcome!

GOLF CONDITIONING: Join CSEP certified personal trainer, Kaitlin Troop, in this 6 week pre-season golf conditioning program. Kaitlin will teach you the basics of training for golf while helping you overcome the physical limitations that prevent you from playing your best. This specialty program will prepare you for the golf season by improving your mobility, balance, stability, strength, power and cardiovascular conditioning.