

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am			*Cycling Boot Camp L1-3 Victoria 60 min		*Cycling Boot Camp L1-3 Michelle 60 min		
8:30am						Total Body Workout Anneli L3 90 min	
						*Total Spin L1-3 Russell / Michelle / Heather	
9:00am	*9:15 Strength & Spin L1-3 Michelle 60 min	Wild Card L1-3 Michelle 60 min	Fit Club L1-3 Rumiko 60 min	Wild Card L1-3 Michelle 60 min	Boot Camp L2-3 Chris 60 min	Hatha Yoga L1-3 Gypsy 60 min	Hatha Yoga L1-3 Gypsy 60 min
9:30am	Water Fitness L1-3 Andrea 60 min	Water Fitness L1-3 Andrea 60 min	Water Fitness L1-3 Andrea 60 min	Water Fitness L1-3 Andrea 60 min	Hatha Yoga L1-3 Marley 60 min	*9:00 Aqua Dance L1-3 Fran 60 min	
	Boot Camp L2-3 Chris 60 min	Hatha Yoga L1-3 Marley 60 min					
10:30am	Hatha Yoga L1-3 Lesley 60 min		*10:10 Hatha Yoga L1-3 Rumiko 60 min	*10:15 ZUMBA L1-3 Silvia 60min \$2 admission			
12:10pm		*Ultimate Spin L1-3 Victoria 60 min		*Ultimate Spin L1-3 Shelly 60 min	Vinyasa Yoga L2-3 Cathy 60 min		
5:00pm	Absolutely Abs L1-3 Russell 30 min	Aqua Dance L1-3 Fran 60 min	Absolutely Abs L1-3 Russell 30 min	Absolutely Abs L1-3 Russell 30 min	*5:15 Cardio Blast Russell 45 min		
				Aqua Dance L1-3 Fran 60 min			
5:30pm	ZUMBA L1-3 Silvia 60min \$2 admission	Power Moves L1-3 Rumiko 60 min	Muscle Sculpt L3 Anneli 60 min	Total Body Workout L2-3 Heather 60 min			
	Hatha Yoga L1 Karen 60 min	Vinyasa Yoga L2-3 Lesley 60 min	PILATES L1-3 Lesley 60 min	Vinyasa Yoga L1-2 Lesley 60 min			
	*Total Spin L1-3 Russell 60 min		*Total Spin L1-3 Heather/Russell 60 min				
6:00pm	Aqua Dance L1-3 Fran 60 min		Aqua Dance L1-3 Fran 60 min				
6:45pm	No Sweat L1-3 Margie 60 min	Step 'N Sculpt L3 Anneli 75 min					

LIFESTYLE
Health & Fitness Centre
Where fitness is a way of life.

Gym Hours
Monday – Thursday 5:30am-11pm
Friday 5:30am-9pm
Saturday 7am-7pm
Sunday 8am-6pm

ALL Classes (with the exception of ZUMBA) are included in your membership! Classes subject to change without notice.
*** SIGN UP REQUIRED FOR ALL SPIN CLASSES.**
Phone 250.751.2348

POOL-BASED

Aqua Dance – Level 1 - 3 (60 minutes)

Varied fun aerobic workouts throughout the week incorporating cardiovascular training, muscle strengthening, flexibility and endurance. An excellent low impact way of training.

Water Fitness - Level 1-3 (60 minutes)

A total body workout in the water. Warm-up, interval training in the shallow or deep-end followed by muscle work and cool down. Guaranteed to make you sweat – yes, even in the water.



YOGA

Hatha Yoga – Level 1 to 3 (60 minutes)

For those who are new and require a foundation in yoga. Basic poses and breathing will be covered. Emphasis on standing and sitting poses.

Vinyasa Yoga – Level 1-3 (60 minutes)

For those who have taken Level 1 class for at least 3-6 months. There is a flow from one pose to the next with an emphasis on breath. There is a higher strength component and an assumption of knowledge of basic poses. Inversions are offered.



AEROBICS

Absolutely Abs – Level 1 to 3 (30 minutes)

Great for those wishing to focus on their mid-section. A variety of techniques are used, incorporating the ball, step or weights. Warm up before class is suggested.

Boot Camp – Level 2 to 3 (60 minutes)

Boot camp in a one hour form. Workouts are changed on a regular basis to achieve maximum fitness.

Cardio Blast – Level 1 to 3 (45 minutes)

A different class every week. The instructor will utilize your 45 minutes to give you a great workout before heading into the weekend. For any level of fitness, the class will finish off with an abs and stretch component. Come prepared to sweat.

Fit Club – Level 1 to 3 (60 minutes)

A low impact cardio, strength, and flexibility training class focused on improving muscle tone and posture for all levels of fitness. Supercharge your mornings with Fit Club.

Muscle Sculpt – Level 3 (60 minutes)

This class will challenge and condition all of your muscles. Train for tone and shape using free weights, resist-a-balls, bands and more.

No Sweat – Level 1 to 3 (60/75 minutes)

A total body strength work-out choreographed to music. Basic moves make it easy to follow and is appropriate for men and women of all fitness levels. Come have some fun and get your metabolism pumping.

Pilates – Level 1 to 3 (60 minutes)

Pilates workouts focus first on developing strength through the core--the back, abdomen, and hips. This provides a foundation to continue working the rest of the body. The concentration is not only on strength but also flexibility and coordination.

Power Moves – Level 1 to 3 (60 minutes)

A total fitness workout incorporating core body moves to fun music. Includes strength training and works all the major muscle groups. This is a low to high intensity workout, finishing with stretching. If you want a toned, balanced body, this class is for you!

Step N' Sculpt – Level 3 (75 minutes)

If you love innovative step choreography, this class is for you. Join us for 40 minutes of advanced step, followed by muscle conditioning and a stretch.

Total Body Workout – Level 1 to 3 (60/90 min)

Exactly as its named, you will be challenged head to toe. A warm up, some cardio and total body conditioning., cool down and stretch.

Please note: Saturday class is 90 minutes; and level 3, four circuits of step cardio, muscle conditioning and interval sprints, followed by abs and a stretch.

Wild Card – Level 1 to 3 (60 minutes)

A surprise every time! The instructor will mix up different combinations of cardio exercises and resistance exercises to ensure a great workout each time!

Zumba – Level 1 to 3 (60 minutes)

Zumba is a fusion of Latin and international music – dance themes that create a dynamic, exciting, effective fitness system. It's fun and easy to do, great for any fitness level. Ditch the workout and join the party!

SPIN

Cycling Boot Camp – Level 1 to 3 (60 minutes)

Take the boot camp burn to the next level. Burn it up with 8-10 minute segments of spin alternating with 5-6 minutes of circuit style strength and core work.

Strength & Spin – Level 1 to 3 (60 minutes)

A combination of spinning and challenging strength training exercises. Challenge yourself, and see the results.

Total Spin – Level 1 to 3 (60 minutes)

A complete spin experience. Class involving warm-up, stretch and cardio: sprinting, intervals, climbing, one-legged spin, cool-down spin, flexibility spin and much more.

Ultimate Spin – Level 1 to 3 (60 minutes)

A fun, high energy class with a little bit of everything! Upper body, lower body, a little sprint, a little hill climb. If you are looking for it all this is the class for you!

