



DROP IN CLASS DESCRIPTIONS-FALL 2017

AQUA-FIT - If you love water come and enjoy the many benefits of a water workout which put less stress on joints, is a natural resistance training that helps you to build lean, healthy muscle and a strong, toned back. ANY LEVEL (**Instructor - Wendy**)

BODY BLAST: Combines cardio, strength training and core conditioning together to provide fat burning, increased metabolism, and muscle toning workout enjoyed by both men and women of any fitness level. Get ready for a fun workout with a variety of exercises that will keep you interested and motivated, while achieving excellent results. ACTIVE LEVEL (**Instructor - Jenny**)

CARDIO MOVES w/ DD "It's just a FUN cardio class-Cardio Moves is a 50 – minute, high endorphin cardio workout that uses simple dance moves from every genre (Latin to the latest popular music). The best part is there's absolutely no experience required! Benefits include increased cardiovascular fitness, improved coordination and a chance to get into the fat burner zone without the 'extreme' workout. ANY LEVEL (**Instructor - DD**)

GENTLE FIT - This is an excellent workout class if you want to enjoy an uplifting, energizing workout with a great community of people who are loving life and want to escape the AGE CAGE by keeping fit and healthy! GENTLE LEVEL (**Instructors - Sarah, DD**)

H I I T (High Intensity Interval Training) - Combination of cardio and strength work - no choreography. This style of class provides a range of simple and the option of low or high intensity activities for an all-over workout in a structured group exercise format. ACTIVE LEVEL (**Instructor - Jenny**)

PUMP IT UP - Combines a variety of high endurance exercises using the fit balls, tubing, free wts and your own body weight. This class will challenge your muscles, improve your balance and keep you toned and flexible. ANY LEVEL (**Instructor - Rachel**)

QUICK FIT - A fun, high energy strength and cardio class that uses a variety of equipment to achieve a fast and effective workout. Super set your way to a toned & trim body. ANY LEVEL (**Instructor-Karen**)



REGISTERED CLASS DESCRIPTIONS-Fall 2017

Register @ Reception

BARRE – Inspired by ballet, this challenging low-impact 60 minute workout combines Pilates core strengthening and resistance training with ballet-style barre work, both on and off the barre. Designed to create a long, lean & streamlined physique, you will see a tighter bottom, sculpted arms, toned thighs and flat abs, all while increasing posture and flexibility. **(Instructor - Mandy)**

INTRODUCTION TO KICKBOXING - Introduction to Kickboxing is a fun, full body, technique based workout. We will safely progress through partner and air combinations that will improve strike power, core strength, coordination, endurance and confidence. This class is a great way to release stress, burn calories and enhance cardiovascular health. **(Instructor - Sarah)**

RESTORATIVE YOGA-MONDAY - Restorative yoga requires us to relax our muscles completely to achieve release in the deeper connective tissues of our body. This is done with the assistance of supportive props. The poses are very gentle on the body, allowing it to open effortlessly. Restorative yoga also helps to calm the mind, bringing us into a deep sense of peace. The body has a natural healing intelligence. This class will balance the body to reach well-being. **(Instructor - Carol)**

YANG/YIN & MINDFUL YOGA - Each session will begin with a yang flow practice to strengthen the muscles of the body, transition in to a yin practice to strengthen the bones, ligaments, tendons, and release the joints. We will complete each session with a mindfulness practice to develop a relationship with the inner self to free the body, mind and spirit. **(Instructor – Rachel)**

YOGA AT ONE - A multi-level yoga class suitable for beginners and experienced alike. We will explore a range of asanas / postures and linking sequences using a 'slow flow' method, thereby spending sufficient time in each posture so that each practitioner can fully experience and explore the poses fully. The benefits of this type of practice are that your body, breath and mind are given time to respond and open fully to each pose irrespective of your starting level. If all you want to achieve is a 'really good stretch' then this is the class for you, but we can, and will take it much, much deeper over time. **(Instructor - Gary)**

RECOVERY YOGA - A combination of both static and dynamic yoga poses with essential core stabilizing exercises to assist in maintaining full body balance and improving agility. This fusion of movements will encourage flexibility while enhancing overall body strength. **(Instructor - Melissa)**



CLASS DESCRIPTIONS-Fall 2017 **Contact instructor to Register**

BALL & CORE FOR MOMS & BABIES - The Ball and Core class is a fun and unique mom and baby class that involves a variety of exercises performed on a physio ball. Other equipment used may include weights, foam rollers, BOSU balls and matwork. It will focus on safe exercise during the postpartum period. And just because they're safe doesn't mean you won't challenge yourself and have fun! The postnatal classes will focus on promoting the safe return to exercise in a positive environment with other moms and babies. Ongoing advice will be provided for both moms and babies. Babies will also be involved in the classes. Smaller class sizes will ensure more individualized care. **(Instructor -Janine)**

Contact info@inspirephysio.com Cell: [403-803-4636](tel:403-803-4636)

BALLETIQUES: Mom and Baby is a total body workout that combines the strength, elegance and athleticism of ballet with the power, endurance and dynamics of a traditional workout class. Get out of the house and come and join other moms in a fun, welcoming environment. Increase your energy and confidence by getting fit while bonding with your baby and getting to know other moms in the community. Following a series of calorie torching, fat burning and muscle sculpting exercises at the barre and in the center, there will be a chance to work on strength and flexibility on the mat while your baby lays next to you. The cool-down focuses on stretching your muscles and relaxing snuggles with your baby. Babies should be able to support their own head and be safely nestled in your own carrier or two-shoulder wrap. **(Instructor - Sarah)**

Contact sarah@balletiques.com Cell [403-909-1962](tel:403-909-1962)

Starting Sept 18-Nov 13, no class Oct 9 – \$100.00 for 8 weeks, drop-in \$15

FREE Demo class on Monday, Sept 11

BALLETIQUES: Barre Fitness is an energetic, muscle shaking, graceful ballet-inspired fitness class that teaches the fundamentals of ballet in an easy to grasp, safe and enjoyable way. Ballet basics are interspersed with classic conditioning movements using your own body weight and dumbbells to help define and tone, and build long, lean muscles. Exercises at the barre, in the center, and on the mat will target your arms, abs, glutes and thighs. No previous ballet/barre experience, ballet shoes or tutus required!

(Instructor - Sarah)

Contact sarah@balletiques.com Cell [403-909-1962](tel:403-909-1962)

Starting Sept 18-Nov 13, no class Oct 9 – \$100.00 for 8 weeks, drop-in \$15

FREE Demo class on Monday, Sept 11

BODY WORKS - Challenge yourself in this small group training class with a variety of workouts including resistance training, cardio and circuits. These sessions will help your agility as well as build strength and endurance. Time flies when you are having fun!!
(Instructor – Laura)

Contact training@lauragurski.com Cell 403-808-6431

RUN CLUB - This class will take you through customized running programs for the individual looking to finish their first race, improve their time and/or take their running to the next level. We achieve this by running intervals and/or hill repeats with your individual goals and ability in mind. ACTIVE LEVEL **(Instructor - Janice)**

Register online @ www.centerfit.ca or email janice@centerfit.ca

Starts August 23rd - 10 week registration \$85 +GST / Drop in fee: \$15

TOUGH MUTHA: This is a bootcamp style class for individuals of all fitness levels. You will be taken through a variety of full body exercises done via circuit style training that will push your limits of strength, power, speed, agility and endurance. ANY LEVEL **(Instructor - Janice)**

Register online @ www.centerfit.ca or email janice@centerfit.ca

Starts September 26th - 12 Week registration: \$195 +GST / 6 class punch card: \$120 +GST / Drop in fee: \$25

WOMENS ONLY KICK BOXING – Take your fitness to the next level as you kick, punch and sweat with our Muay Thai Champion. In this class, you will learn to strike with your hands, feet, elbows and knees. You will learn to hold pads and be taken through body weight and core condition exercises to complement these skills. ANY LEVEL **(Instructor – Janice)**

Register online @ www.centerfit.ca or email janice@centerfit.ca

Starts September 26th - 12 week registration: \$210 + GST (no drop in)**gloves required (and can be purchased directly from Janice)

ZEN H2O – This shallow water AquaFitness experience promotes peace and vitality through a variety of tai chi and yoga movements that inspires harmony within the mind, body and spirit. An invigorating yet relaxing class that focuses on mindful meditation, cardio exercise, range of motion and balance. Suitable for all level, Swimmer/Non-Swimmer, Yogi/Non-Yogi. Find your Zen while receiving all of the benefits that the water exercise has to offer. **(Instructor – Cindy)**

Register online @ www.squareup.com/store/d-stress-fitness or email d-stressfitness@hotmail.com

Starting Sept 22 - Dec 8, no class Oct 6 – Non-members: \$125 +GST / Members \$90 +GST / Drop-In \$15 per class

FREE Demo class on Friday, Sept 15