



Fall2 2014 GROUP CONDITIONING SCHEDULE

FALL2 SESSION OCT 27-Dec 21 2014 (8 WEEKS)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:15am		Ladies Conditioning ③/④	Push Your Pace ③/④	Ladies Conditioning ③/④	Ride for 45 +Stretch ③/④		
7:30-8:30am	Push your pace with Chad ③/④						
9:00-10:00am	Beg/Int Ladies Conditioning③ ----- Advanced SP ladies③/④	Beg/Int Ladies Conditioning③ ----- Stretch and Stability②/③ 9:15-10:15	Pilates Matwork③ 9:15-10:15	Hatha Yoga ②/③ 9:15-10:15 ----- Int./Advanced ladies Conditioning ③/④	Beg/Int Ladies Conditioning③ ----- Pilates Matwork③ 9:15-10:15	Push your pace ③/④ 8:15-9:15am ----- Performance Pedal④ 9-10:15am *5 week program*	Hatha Yoga ②/③ 9:30-10:30am
10:30-11:30am	Back to Basics 10:15-11:15 ②/③			CrossFit④ 10:30-11:30am	Back to Basics 10:15-11:15 ②/③	CrossFit④ 10:30-11:30	CrossFit④ 10:45-11:45
12:00-1:00pm	The Nooner ③/④ ----- CrossFit④	CrossFit④ ----- Kickboxing③/④	The Nooner③/④ ----- CrossFit④ ----- Spin, Roll & Release②/③	The Nooner③/④ ----- Performance Pedal ④12-1:15pm *6 week program* (Nov 10-Dec 21)	CrossFit④ ----- The Nooner③/④ ----- Roll & Renew② 12:15-1pm	Semi & Private Training Facility Rental Available	Semi & Private Training Facility Rental Available
3:45-5pm	Youth Performance Training 3:45-5pm	Youth Train to Train 4-5pm	Youth Performance Training ④ 3:45-5pm	Youth Train to Train 4-5pm			
5-6:00pm		Fit Girl ----- Functional Physio		Fit Girl ----- Functional Physio			
6-7:00pm	Pilates Matwork② ----- Strength building for Cycling ③ *6 week program* ----- CrossFit ④	CrossFit ④ ----- Performance Pedal④ 6-7:15pm *6 week program*	Hatha Yoga for All ②/③ ----- Strength building for Cycling ③ *6 week program* ----- CrossFit ④	CrossFit ④	CrossFit ④		

Level of Intensity ① Low; ② Low/Moderate; ③ Moderate/High; ④ High

RECOVERY & REGENERATION

Hatha Yoga: This class will guide you through a classical Hatha Yoga practice which includes various standing, sitting, lying and balancing postures. Foam Roller myofascial work will be introduced in this class along with the practice of pranayama (breathing practices). Level ②

Stretch and Stability: This class will be comprised of approximately 30 minutes of flexibility work through classic yoga poses and approximately 30 minutes of core stabilization work. Level ②

Maximum participants 18 Level ② **Instructors: Cathy Brown-Tues,Wed,Thurs, Melissa Enfield-Sunday**

Investment: 2x/week \$208^{+HST}, 1x/week \$104^{+HST}, Drop in \$20^{+HST}

Roll & Renew: A stretching program targeted at all levels, addressing the bodies fascial lines, from head to toe. It combines traction and breathing to promote release of fascial restrictions with no set poses.

Instructor Anne Baker Investment: \$80^{+HST}, Drop in \$20^{+HST}

Pilates: Matwork pilates works to improve flexibility, balance and posture, as well as tones and strengthens the entire body.

Investment: 2x/week \$208^{+HST}, 1x/week \$104^{+HST}, Drop in \$20^{+HST} Monday-Level ②, Wed/Fri -Level ③

Instructors - Mon-Anne Baker; Wed & Friday- Lisa Rennie

***New* Recovery Sampler Pass (Yoga and Pilates classes) 10 classes \$140^{+HST}, 5 classes \$72.50^{+HST}**

YOUTH ATHLETICISM

Youth Athletic Conditioning:

Performance: (14+yrs) – Mon, Wed 3:45-5pm

Train to Train: (11-13 yrs) –Tuesday, Thursday 4-5pm

FitGirl: (Females 13-18 yrs)- Tues/Thurs 5-6pm

Investment: 1x/week-\$120, 2x/week-\$240^{+HST} **Instructors:** Chad Warren, Sarah Applegarth

ENERGY SYSTEMS/CYCLING

Spin, Roll & Release: Challenge your cardiovascular system along with your flexibility. New clients will receive a 15 minute injury prevention assessment. Level ③ **Instructor-Deb McCann**

Cycling Investment: 8 classes- \$120^{+HST}, New participant add \$40^{+HST} for assessment.

Ride for 45+Stretch: Ride hard for 45 minutes followed by a 15 minute stretch. Level ③/④ **Instructor-Kathy Boose**

Cycling Investment: New participant add \$40 for assessment.

Buy 4 week blocks- \$40^{+HST} (Oct 31,Nov 7,14,21) and/or (Nov 28,Dec 5,12,19) Drop in-\$20^{+HST}

Performance Pedal: This is a 75 minutes indoor cycling performance-based training program within a group environment. It includes detailed instructions on ride position, intensity and duration, to keep the rider engaged and focused on their individual goals. With creative structure, variety every week, visualization and energizing music, there is no time for boredom. Level ④ You will own the seat in the class you register for. Please note there will be minimal drop ins available based on space. There is a minimum number of registrants required for the class to run.

Instructors-Steph Martinek –Tuesday, Noelle Wansborough –Thursday & Saturday, Peter Glassford-Saturday

Cycling Investment: 6 weeks (Tues &Thurs) 1x/week-\$108^{+HST}; 2x/week 216^{+HST}, Saturday 5 week block- (Nov 22/29/Dec 6/13/20)-\$90^{+HST}

Strength Building for Cyclists: This is a 60 minute periodized 6 week program geared towards building a good base of upper,lower body and core strength for road or mountain bikers. You will feel the difference in your riding following this program.

* This program is a Kinesiology tax deductible expense.*

Instructors- Peter Glassford-Monday, Sarah Applegarth – Wednesday

Investment: 6 weeks (Nov 10-Dec -2x/week-\$180^{+HST}; 1x/week -\$90^{+HST}

GROUP CONDITIONING

Functional Physiotherapy: These small group sessions (max 6) run in four-week block sessions. Coach Laura uses her physiotherapy background to help focus on proper alignment and movement patterns. Individuals can have confidence that appropriate exercise progressions are taught so it is great for those looking to integrate into a class setting returning from an injury or for those just wanting a good, safe workout. *Covered under Physiotherapy in extended health benefits*

Investment: 4 classes \$120

Ladies Conditioning: With a focus on injury prevention, functional and athletic movements, these classes are comprised of dynamic warm ups, agility, cardiovascular, strength, balance and core conditioning movements. Recovery sessions complete the workout with partner flexibility and foam roller myofascial work. Level ③/④

Instructors –Mon SP/Thurs -Sarah Applegarth; Mon, Tues, Fri 9am-Laura Powers; Tues 615am –Lisa Rennie

Investment: 2x/week \$288^{+HST}, 1x/week \$144^{+HST}, New participant add \$40 for assessment. Monday SP 1x/week \$200^{+HST}

Back to Basics: This moderate intensity program is designed with a focus on training core stability, cardiovascular fitness, balance, flexibility, and functional movements. It is appropriate for individuals of any age who lead an active lifestyle and want to maintain or regain a healthy body. Small class size allows for individual attention and appropriate modifications to suit all levels of fitness. There is a strong focus on correct biomechanics for injury prevention. Level ②/③ **Instructor -Laura Powers**

Investment: 2x/week \$288^{+HST}, 1x/week \$144^{+HST}, New participant add \$40 for assessment

The Nooner: "It's worth leaving work for; lunchtime will never look the same again!" This class is a fusion of resistance training, cardio, sports training and an array of new, exciting exercises to keep you challenged. You will never know what to expect in this motivating co-ed workout. Each participant will receive a 15 minute injury screen assessment. Maximum participants 12. Level ③/④

Investment: 2x/week \$240^{+HST}, 1x/week \$120^{+HST}, New participant add \$40 for assessment

Instructors - Mon-Laura Powers, Wed/Fri- Mark Stovel, Thurs/Fri- Sarah Applegarth

KickBoxing: Fitness KickBoxing and MMA Training is a fusion of classic training styles for boxing/kickboxing and current 'MMA' style bodyweight based movement patterns that have the potential to challenge your current condition at the intensity of your choice. There will be a focus on the fundamentals of punching, kicking and striking and progress towards more complex movement patterns and higher intensity fundamentals. Boxing gloves, bag gloves or grappling gloves mandatory; * 7 week program –No class Dec 16*

Investment: \$70, New participants add \$40 for assessment. Level ③/④ **Instructor -Mark Stovel**

Push Your Pace: This is a specialized conditioning program with a focus on functionality designed to engage as broad a range of mental and physical components from your body as possible.

Investment: 2x/week \$240^{+HST}, 1x/week \$120^{+HST}, New participants add \$40 for assessment

Instructors – Mon 730am- Chad Warren; Wed/Sat - Mark Stovel

CrossFit WOD: CrossFit is a strength and conditioning program which looks to combine all aspects of fitness. CrossFit programming covers gymnastics, powerlifting, Olympic lifting, sprinting, rowing, and everything in between. Level ④

Intro Pricing Special: 10 pass - \$120, 3 months unlimited \$295, 6 months unlimited \$550

For a complete list of monthly and yearly options, see www.escarpmentcrossfit.com **Instructor - Chad Warren**