



WINTER 2015

GROUP CONDITIONING SCHEDULE

November 1- December 19 2015

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:15am	Push Your Pace ③/④	Ladies Conditioning ③/④	Push Your Pace ③/④	Ladies Conditioning ③/④	Ride 45+Stretch ③/④		
9:00-10:00am	Beg/Int Ladies Conditioning③ 9:15-10:15 ----- Advanced SP ladies③/④ 9:00-10:00 ----- Spin, Abs & Stretch 9:15-10:15 ③	Stretch and Stability②/③ 9:15-10:15	Pilates Matwork③ 9:15-10:15	Stretch and Stability②/③ 9:15-10:15 ----- Push Your Pace 9:15-10:15 ③/④	Beg/Int Ladies Conditioning③ 9:15-10:15 ----- Advanced SP ladies③/④ ----- Barre ③ 9:00-10:00	Push your pace ③/④ 8:00-9:00 ----- Pilates Matwork③ 8:30-9:30	
10:30-11:30am	Back to Basics 10:30-11:30 ②/③		Back to Basics 10:30-11:30 ②/③		Back to Basics 10:30-11:30 ②/③		
12:00-1:00pm	Nooner ③/④	Nooner③/④	Nooner③/④	Nooner③/④	Nooner③/④		
3:45-5:00pm	Youth Performance Training 3:45-5pm	Youth Train to Train 4-5pm ----- Functional Physiotherapy 4:00-5:00pm	Youth Performance Training ④ 3:45-5pm	Youth Train to Train 4-5pm ----- Functional Physiotherapy 4:00-5:00pm	Youth Performance Training ④ 3:45-5pm		
5:00-6:00pm		Fit Girl		Fit Girl		Semi & Private Training	Semi & Private Training
6:00-7:00pm	Pilates, Roll & Renew②	Barre ③	Hatha Yoga for All ②/③			Facility Rental Available	Facility Rental Available
Level of Intensity ① Low; ② Low/Moderate; ③ Moderate/High; ④ High * This schedule is subject to change*							

No regular group classes Monday September 7 for Labour Day, October 12 for Thanksgiving

RECOVERY & REGENERATION

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

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

Pilates, Roll & Renew: A combo pilates core stabilization and stretching program targeted at all levels, addressing the bodies fascial lines, from head to toe. Level ②

Fascial Stretch: stretching program for all levels, addressing the bodies fascial lines, from head to toe. It combines traction, breathing and release of fascial restrictions to increase stability, power and range of motion. Uses balls, bands, rollers & bar.

Instructor: Anne Baker Level ②

Pilates Matwork: Matwork pilates works to improve flexibility, balance and posture, as well as tones and strengthens the entire body. Level ③ **Instructor: Lisa Rennie**

Barre: Barre class is a 60-minute workout that combines the best elements of pilates, ballet, and strength conditioning principles into a unique and fun workout. Level ② **Instructor: Katie Hamilton**

Regeneration Investment:

1 Pass	5 Passes	10 Passes	20 Passes	40 Passes
\$20 _{+HST}	\$72.50 _{+HST}	\$140 _{+HST}	\$270 _{+HST}	\$480 _{+HST}

GROUP CONDITIONING ENERGY SYSTEMS

Ride for 45+ Stretch: Ride hard for 45 minutes followed by a 15 minute stretch. **Instructor: Kathy Boose**

Spin, Roll & Release: Challenge your cardiovascular system along with your flexibility. Level ③ **Instructor-Deb McCann**

STRENGTH & CONDITIONING

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, Fri 9:15am-Laura Powers, Tues 615am -Lisa Rennie, Thurs -Sarah Applegarth

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 **Instructors: Laura Powers-Mon/Fri, Anne Baker-Wed**

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

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

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. **Instructors: Lisa Rennie -Mon, Mark Stovel-Wed/Sat**

YOUTH ATHLETICISM

Performance Training: (14+yrs) Performance Training is a form of functional training to prepare for high level athletic competition. Our philosophy is that athletes need a balanced program with equal parts strength and power, agility and speed, flexibility, recovery, nutrition and energy systems as well as a properly periodized plan. **Instructors: Sarah Applegarth, Greg Grossmann,**

Train to Train: (11-13yrs) A program geared toward developing athletes to teach the next step in the fundamental movement patterns and introduction to strength training along with jumping technique and cardiovascular work. **Instructors: Sarah Applegarth, Graeme Buckrell**

Fit Girl (Females 11-17yrs) A program with elements of Strength & Conditioning, Yoga, Nutrition, Barre and more. The underlying focus is a positive relationship with your body, self-esteem and confidence. **Instructor: Katie Hamilton**

FUNDAMENTALS: (6-10yrs) ABC's of athleticism agility balance coordination and speed. It is the fundamental movement patterns and gross motor skills necessary to achieve physical literacy. Done through games and various drills and skills.

Instructor: Dave Campbell Location: Harbourview Park, Thursday 4:30-5:30pm **Investment: 8 weeks- \$120+hst**

Conditioning Investment:

1 Pass	5 Passes	10 Passes	20 Passes	40 Passes
\$20 _{+HST}	\$80 _{+HST}	\$155 _{+HST}	\$300 _{+HST}	\$520 _{+HST}

A 30 minute Movement Assessment is strongly recommended prior to participating in our strength & conditioning programs. The cost of this can be covered under extended health benefits.

OTHER PROGRAMS

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

Semi private Ladies conditioning: Similar programming to Ladies conditioning classes this provides a small group environment. Investment (Sept 8-Oct 31): Mondays-\$150_{+HST}, Fridays-\$200_{+HST}, Both days \$350_{+HST}

Private & Semi Private training- to be booked at your own time as a 1:1, 2:1, 3:1 or 4:1 ratio of participant to coach ratio. Rates are based on number of sessions and participants.