



# WINTER 2017 2

## GROUP CONDITIONING SCHEDULE

### March 5 - April 29

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:15am	Ride for 45+ Stretch ③/④	Ladies Conditioning ③/④	Push Your Pace ③/④ ----- Ride for 45+ Stretch ③/④	Ladies Conditioning ③/④	Ride for 45+ Stretch ③/④	Push your pace ③/④ 8:00-9:00	Semi & Private Training  Facility Rental Available
9:15-10:15am	Beg/Int Ladies Conditioning③ ----- Advanced SP ladies③/④ 9:00-10:00 ----- Spin, Abs & Stretch③		Pilates Matwork③ ----- Mom & Baby Strength & Conditioning	Push your pace ③/④	Beg/Int Ladies Conditioning③ ----- Core @ the Barre ③		
10:30-11:30am			Back to Basics 10:30-11:30 ②/③		Back to Basics 10:30-11:30 ②/③ ----- Mom & Baby Core @ the Barre		
12:00-1:00pm	Nooner ③/④	Nooner③/④	Nooner③/④	Nooner③/④	Nooner③/④		
3:45-5:00pm	Youth Performance Training 3:45-5:00pm	Train to Train 4:00-5:00pm ----- Fit Girl 4:30-5:30pm	Youth Performance Training 3:45-5:00pm ----- Stretch and Restore② 5:30-6:30pm	Train to Train 4:00-5:00pm ----- Fit Girl 4:30-5:30pm	Youth Performance Training 3:45-5:00pm		
6:00-7:00pm	Pilates, Roll & Renew②	Push your pace ③/④ 5:30-6:30pm ----- Core @ the Barre ③ 5:45-6:45pm	Yoga Flow ②/③ 6:45-7:45pm	Push your pace ③/④ 5:30-6:30pm			
<b>Level of Intensity ① Low; ② Low/Moderate; ③ Moderate/High; ④ High</b> * This schedule is subject to change							

\*No regular group classes Good Friday April 14th\*

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## RECOVERY & REGENERATION

**Yoga Flow:** This class combines a flowing sequence of movements with longer held postures. In this breath-centered practice, we will move through classic standing, balancing, seated and supine postures. Level ②/③ **Instructor: Heidi Rumball**

**Stretch and Restore:** This class is for driven individuals who are used to pushing hard at work and play and are frustrated with repeated pain cycles, re-injury and poorly managed stress. Learn to move without compensation, recognize signals preceding pain and gain strength, stability and stamina. Be prepared to move and learn simple breathing and meditative techniques to calm the nervous system and improve performance. Level ② **Instructor: Heidi Rumball**

**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 **Instructor: Anne Baker**

**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**

**Core @ the Barre:** Core @ the 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**

**Mom & Baby Core @ the Barre:** Designed specifically for postpartum women, Mommy & Baby Core @ the Barre focuses on posture, core and hip strength and flexibility. Inspired by a blend of strength training, pilates, dance and yoga, barre class is a dynamic workout that will help you to feel fit and strong. Level ② **Instructor: Katie Hamilton**

### Regeneration Investment:

<b>1 Pass</b>	<b>5 Passes</b>	<b>10 Passes</b>	<b>20 Passes</b>	<b>40 Passes</b>
<b>\$20<sub>+HST</sub></b>	<b>\$72.50<sub>+HST</sub></b>	<b>\$140<sub>+HST</sub></b>	<b>\$270<sub>+HST</sub></b>	<b>\$480<sub>+HST</sub></b>

## GROUP CONDITIONING ENERGY SYSTEMS

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

**Spin, Abs & Strength:** 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, Deb McCann**

**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. Maximum participants 12. Level ③/④

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

**Mom & Baby Strength & Conditioning:** Kinesiologist-directed training programs that will help you get your body back, quickly and safely. This program is aimed at preventing and correcting common postpartum conditions such as core/pelvic floor dysfunction, pelvic instability and postural dysfunction AND it helps you lose the baby weight too! **Instructor: Katie Hamilton**

### 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, Mark Stovel**

**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, and Mark Stovel**

**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**

### Conditioning Investment:

<b>1 Pass</b>	<b>5 Passes</b>	<b>10 Passes</b>	<b>20 Passes</b>	<b>40 Passes</b>
<b>\$20<sub>+HST</sub></b>	<b>\$80<sub>+HST</sub></b>	<b>\$155<sub>+HST</sub></b>	<b>\$300<sub>+HST</sub></b>	<b>\$520<sub>+HST</sub></b>

\*\*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

**Semi Private Ladies Conditioning:** Similar programming to Ladies conditioning classes this provides a small group environment. Investment (March 6<sup>th</sup>- April 29<sup>th</sup>): Mondays-\$200<sub>+HST</sub>

**Private & Semi Private Training:** To be booked are you 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.

**Initial Assessment:** Spend an hour with an ALC coach to learn about your movement patterns and individual strength and weaknesses so you can get started in the best program for you at ALC. \$90.00<sub>+HST</sub>

**Individual Goal Setting:** Spend an hour with an ALC coach to help you set and be accountable for your goals. \$90.00<sub>+HST</sub>