



**SUMMER 2017**  
**GROUP CONDITIONING SCHEDULE**  
**July 3 - September 3 2017**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:15am		Ladies Conditioning ③/④	Push Your Pace ③/④	Ladies Conditioning ③/④		Push your pace ③/④ 8:00-9:00	
7:30-9:00am	Youth Performance Training 7:30-9:00am	Youth Performance Training 7:30-9:00am (Harbourview)	Youth Performance Training 7:30-9:00am	Youth Performance Training 7:30-9:00am (Harbourview)	Youth Performance Training 7:30-9:00am		
9:00-10:00am	Beg/Int Ladies Conditioning③ 9:15-10:15 ----- Advance SP Ladies ③/④ 9-10am	Outdoor Adventures ③/④ 9:15-10:15 ----- Pilates Matwork②/③ 9:15-10:15	Pilates Matwork③ 9:15-10:15 ----- Mom and Baby Strength & Conditioning	Outdoor Adventures ③/④ 9:15-10:15	Beg/Int Ladies Conditioning③ 9:15-10:15		
10:30-11:30am	Back to Basics 10:30-11:30 ②/③		Back to Basics 10:30-11:30 ②/③		Mom and Baby Core @ The Barre	Youth Performance Training 10:30am-12:00pm	
12:00-1:00pm	Nooner ③/④	Nooner③/④	Nooner③/④	Nooner③/④	Nooner③/④		
2:00-3:30	Youth Performance Training 2:00-3:30pm	Youth Performance Training 2:00-3:30pm (Harbourview)	Youth Performance Training 2:00-3:30pm	Youth Performance Training 2:00-3:30pm (Harbourview)	Youth Performance Training 2:00-3:30pm		Semi & Private Training  Facility Rental Available
3:30-6:00pm	Youth Performance Training 4:30-6PM	Fit Girl 3:30-4:30pm ----- Youth Performance Training 4:30-6:00pm (Harbourview)	Youth Train to Train 3:30-4:30pm ----- Youth Performance Training 4:30-6:00pm	Fit Girl 3:30-4:30pm ----- Youth Performance Training 4:30-6:00pm (Harbourview)	Youth Performance Training 4-5:30pm		
6:00-8:00pm		Push your pace ③/④ 5:30-6:30pm ----- Strength & Conditioning④ 7:00pm - 8:15pm		Push your pace ③/④ 5:30-6:30pm ----- Strength & Conditioning ④ 7:00pm - 8:15pm			
<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 Monday, August 7\*

## RECOVERY & REGENERATION

**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**

**Mom & Baby Barre:** Designed specifically for postpartum women, Mommy & Baby 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:

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

## GROUP CONDITIONING 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 & Thurs 6:15am-Sarah Applegarth, Tues 615am -Lisa Rennie**

**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: 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. Each participant will receive a 15 minute injury screen assessment. Maximum participants 12. Level ③/④

**Instructors - Mon & Thurs- Sarah Applegarth, Tues/Wed/Fri- 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. **Instructor: Mark Stovel**

**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**

**Outdoor Adventures:** This workout is exactly as it sounds. An adventure through Harbourview park utilizing the unique environment consisting of the boardwalk, The Berm, the trail systems, the Arboretum and the natural hills and fields. You can expect to throw medicine balls, run, lift and move your body in many challenging ways each week. Wear appropriate outdoor attire and be sure to bring along sunscreen and water. **Instructors: Tuesday- Jamison Buck, Thursday Sarah Applegarth**

## 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, Jamison Buck**

**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.

**Instructor: Jamison Buck**

**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 & Caitlin Hopkins**

### Conditioning Investment:

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

\*\*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 -Mondays-\$150<sup>+HST</sup>, FOR 6 CLASSES

**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.

**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<sup>+HST</sup>

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