



WINTER 2018 GROUP CONDITIONING SCHEDULE January 8- March 4

	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 ----- Ride for 45+ Stretch ③/④	Ladies Conditioning ③/④	Push Your Pace ③/④ ----- Ride for 45+ Stretch ③/④	Push your pace ③/④ 8:00-9:00 ----- Long Indoor Ride w/ Peter (Jan 7 th , 21 st , Feb 4 th , 25 th) 10am - 12pm	
9:00-10:00am	Beg/Int Ladies Conditioning ③ 9:15-10:15 ----- Advanced SP ladies ③/④ 9:00-10:00 ----- Spin, Abs & Stretch 9:00-10:00 ③	Pilates Matwork ③ 9:15-10:15	Pilates Matwork ③ 9:15-10:15	Push your pace ③/④ 9:15-10:15	Beg/Int Ladies Conditioning ③ 9:15-10:15		
10:30-11:30am	Essentrics ①/②		Mom & Baby Core @ the Barre ③ 10:30 - 11:30 ----- Back to Basics 10:30-11:30 ②/③		Back to Basics 10:30-11:30 ②/③ ----- Mom & Baby Conditioning ③ 10:30 - 11:30		
12:00-1:00pm	Nooner ③/④	Nooner ③/④	Nooner ③/④	Nooner ③/④	Nooner ③/④		
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 ----- Intro to Performance 3:45-4:45pm	Train to Train 4:00-5:00pm ----- Fit Girl 4:30-5:30pm	Youth Performance Training 3:45-5:00pm		Semi & Private Training Facility Rental Available
6:00-7:00pm	Pilates, Roll & Renew ②	Push your pace ③/④ 5:30-6:30pm	Hatha Yoga ②/③ 6:00-7:15pm	Push your pace ③/④ 5:30-6:30pm			

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

* This schedule is subject to change

*No regular group classes Monday, February 19th *

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RECOVERY & REGENERATION

Pilates, Roll & Renew: A combo pilates core stabilization and stretching program targeted at all levels, addressing the body's 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**

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**

Hatha Yoga: This class will guide you through a flowing series of standing, seated, and lying postures. Foam roller myofascial work will accompany the practice to aid in releasing tension and improving flexibility. Each class begins with meditation and ends with deep relaxation. **Instructor: Cathy Brown**

Essentrics: Essentrics is a dynamic stretch workout that lengthens the muscles while strengthening them in an elongated position. It is designed to rebalance the full body. Workouts promote age reversing, enhance body shaping and active recovery. **Instructor: Deb McCann**

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, Abs & Strength: Challenge your cardiovascular system along with your core strength, stability, and mobility. 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-Peter Glassford, 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: Deb McCann - Wed, Anne Baker - Fri**

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. Level ③/④

Instructors: Anne Baker - Monday 6:15am, Caitlin Hopkins-Tues (5:30), Mark Stovel- Wed/Thurs(5:30)/Sat, Sarah Applegarth - Thurs (9:15am), Peter Glassford Fri (6:15am).

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

Intro to Performance: (13 yrs) This is a transitional program between Train to Train and Performance. Selection is based on coaches discretion. **Instructor: Mark Stovel**

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, Mark Stovel, Gavin Buehler

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 and Cait Hopkins**

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

Semi private Ladies conditioning: Similar programming to Ladies conditioning classes this provides a small group environment. Investment (Sept 8-Oct 31): Mondays-\$150^{+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.

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^{+HST}

Individual Goal Setting: Spend an hour with an ALC coach to help you set and be accountable for your goals. \$90.00^{+HST}