



Sign up Today for Winter Classes Starting January 9th
There are often spaces available in classes after the official start
date, please call to enquire!



WHATS YOUR FITNESS/WELLNESS CLASS TYPE?

If you.....prefer being alone

Sign up for ...Ultimate Ball Workout + Cardio, Ab-Tastic. Although you are surrounded by others, you're in charge of your own pace and intensity.

If you...are a social butterfly

Sign up for...Zumba, Kickboxing. The movements and exercises are easy to follow and the fun environment helps you bond with the people around you.

If you...prefer non-competitive activities

Sign up for...Pilates, Yoga, Ultimate Ball Workout! The goal here is to turn your attention inward and focus on your body and your abilities.

If you...get bored easily

Sign up for...Cardio +, Total Body Gliding, 1/2 and 1/2. You move quickly between exercises, so you won't have time to start daydreaming.

If you...can't seem to find time to exercise

Sign up for...Ab-Tastic, Lunch Time Pilates. Short sweet and intense workouts during your lunch break.

If you...are looking for a specialty class

Sign up for...Pre-Natal Fitness, Training with Tots

If you...are too tired after work

Sign up for...Boot Camp. Train first thing in the morning to get your exercise OVER and DONE with it!



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WHAT'S YOUR FITNESS/WELLNESS GOAL?

If you...are looking to increase your cardiovascular endurance

Sign up for...Cardio +, Zumba, Swiss Ball + Cardio, Total Body Gliding

If you...are looking to increase your strength or tone your core

Sign up for...1/2 and 1/2, Ab-Tastic, Ultimate Ball Workout, Pilates

If you...are looking to increase your flexibility, your balance and decrease stress

Sign up for...Yoga, Pilates

If you...want to increase overall fitness

Sign up for...Kickboxing, Total Body Glide, Ultimate Ball Workout, Cardio +

If you...are looking for a low impact class

Sign up for...Total Body Glide, Ultimate Swiss Ball, Pilates, Yoga



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BOOT CAMP!

Taught by Jesse Fortier B.P.H.E.

4 week sessions

Pre-registration recommended = \$144.00
 (3 classes/ week)

Jan. 9th – Feb. 3rd	Feb. 6th – Mar. 2nd
Monday 6:00 – 7:00 am Wednesday 6:00 – 7:00 am Friday 6:00 – 7:00 am	Monday 6:00 – 7:00 am Wednesday 6:00 – 7:00 am Friday 6:00 – 7:00 am

Boot camp classes will run at Cor Maximus during the winter months. This hour long class combines cardio interval training, obstacle courses, agility exercises, flexibility and weights. Boot camp will challenge your mind as well as your body. No matter your fitness level, you will improve everything from your thighs to your abs to your smile. Join us for fast fitness results!

ZUMBA

Taught by Shauna Taylor

Certified Zumba Basic Instructor

12 week session = \$144.00 + H.S.T.

Pre-registration recommended

Monday 4:30-5:30 pm

Zumba is a dance fitness program that combines body sculpting movements with easy to follow dance steps. Motivating Latin and international music help you move through fast and slow rhythms, interval training and resistance training. This workout will maximize calorie burning, fat burning and total body toning! Zumba is easy, fun and it is like no other workout that you have ever experienced before!

KICKBOXING

Taught by Robert Dixon and Jennifer Brown - Certified

Council Amateur Sport Kickboxing Coaches

8 week sessions (2 classes per week)

= \$227.00 + H.S.T. (includes gloves)

= \$192.00 + H.S.T. (no gloves)

Beginner and Intermediate levels

January 9th – March 2nd	March 12^h – May 4th
Tuesday 8:00 – 9:00 pm Thursday 8:00 – 9:00 pm	Tuesday 8:00 – 9:00 pm Thursday 8:00 – 9:00 pm

Kickboxing is a fun and exciting way to increase your cardiovascular endurance, muscle strength and lose weight. A typical workout includes but is not limited to: skipping, strength and flexibility drills, as well as kick, punch, knee and elbow combinations. These exercises are lead by the instructor in a variety of ways that make each workout unique.

TOTAL BODY GLIDING

Taught by Lise Paxton, Certified Personal Trainer

8 week session

Pre-registration recommended = \$96.00 + H.S.T.

Wednesday 4:30 - 5:30 pm

We have combined the Gliding discs with stability and weighted balls, hand weights and various tools for a safe and effective total body workout. You can sculpt shapely legs, tone your inner and outer thighs, trim your hips and firm and lift your buns, while strengthening your core through exciting new moves. If you are looking for a change, this class promises to provide total body conditioning in a fun yet challenging workout which combines bursts of cardio and strength exercises.



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<p align="center"><u>CARDIO +</u> <u>(the + means strength training!)</u> Taught by Margy Tougas, C.P.T. 12 week session = \$144.00 + H.S.T.</p> <p align="center">Thursday 5:00 - 6:00 pm</p> <p>Begin with 30 minutes of high energy, low impact cardiovascular exercises designed to get your heart rate up to a consistently high intensity to burn off those extra calories. The level of intensity will remain high while hitting every muscle group as you perform focused strength exercises to complete your total body workout.</p>	<p align="center"><u>AB-TASTIC</u> Taught by Margy Tougas, C.P.T. *Please Call to Inquire *Wednesday 12:00- 12:45 pm</p> <p>An AB-solutely short, sweet but intense workout! This class will provide you with concentrated abdominal and back exercises followed by a deep stretch. You will use mats, Pilates balls, exercise balls, bands, weights and your own body weight to sculpt your middle body like never before.</p>	<p align="center"><u>1/2 and 1/2</u> Taught by Margy Tougas, C.P.T. 12 week session = \$144.00 + H.S.T.</p> <p align="center">Tuesday 4:30 – 5:30 pm</p> <p>Hit the ground for the first 30 minutes for an intense lower body workout. Finish the class with 30 minutes of total upper body shaping and sculpting. This class will use a million different positions and exercises to target muscles you didn't even know you had. If you are looking to get toned using all kinds of equipment, then this class is for you!</p>
<p align="center"><u>ULTIMATE BALL WORKOUT</u> Taught by Khouri Long - Sports Therapist M.S.S.T. 12 week session = \$144.00 + H.S.T. Pre-registration recommended Beginner to advanced exercises</p> <p align="center">Monday 4:15-5:15 pm (Beginner) Monday 5:15 – 6:15 pm (Advanced) Friday 9:00 am <i>(please call to enquire)</i></p> <p>Learn how an exercise ball can be used for more than performing a crunch. You will integrate balance exercises with strength training in this deep defining body class. Trim your waist line and have a ball doing it!</p>	<p align="center"><u>ULTIMATE BALL WORKOUT + CARDIO</u> Taught by Khouri Long - Sports Therapist M.S.S.T. 12 week session = \$144.00 + H.S.T. 11 week session - \$132.00 + H.S.T. Pre-registration recommended Beginner to advanced exercises</p> <p align="center">Thursday 4:15 – 5:15 pm Saturday 8:30 - 9:30 am (11 weeks) (no class Feb. 25th)</p> <p>This circuit will combine cardiovascular work with core strengthening performed on an exercise ball. Alternating from one type of exercise to another helps burn calories and fat while gaining strength that can be applied to everyday life.</p>	



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PILATES

Taught by Kim Sciuk and Kristin Franks
 Certified Pilates Instructors
 12 week session = \$144.00 + H.S.T.
 11 week session - \$132.00 + H.S.T.
 Pre-registration recommended

Mon. 9:00 – 10:00 am (Kim)	Mon. 12:00- 12:45 pm (Kim)
Weds. 12:00 – 12:45 pm (Kim)	Thursday 7:00 – 8:00 pm (Kristin) (11 weeks)

Pilates is an approach to body conditioning that develops deep core strength, balanced flexibility, endurance, and coordination for optimal fitness. It will transform the way your body looks, feels and performs. Pilates will help you move in safer and more efficient movement patterns – invaluable for injury recovery, sports performance, good posture and optimal health.

YOGA CLASSES

Taught by Brenda Baxter, Certified Kripalu Yoga Instructor
 13 week session = 156.00 + H.S.T. *starts Jan. 3rd
 or 12 week session = \$144.00 + H.S.T. *starts Jan. 9th
 Beginner (B) to Intermediate (I)

Mon. 10:00 – 11:15 am (B/I) (12 weeks)	Mon. 5:30 – 6:45 pm (I) (12 weeks)
Mon. 6:45 – 8:00 pm (I) (12 weeks)	Tues. 9:15 – 10:30 am (B/I) (13 weeks)
Tues. 5:30 – 6:45 pm (B/I) (13 weeks)	Tues. 6:45 – 8:00 pm (New Beginners) (13 weeks)
Weds. 9:30 – 10:45 am (I) (13 weeks)	Weds. 5:30 – 6:45 pm (I) (13 weeks)

Yoga is an ancient art and science of balancing body, mind, breath and spirit. Yoga incorporates warm ups, asana (poses), pranayama (breath work), relaxation and meditation. The practice of yoga improves balance, strength and flexibility. What you gain from this class can become a valuable part of a lifelong practice.

PRE-NATAL FITNESS

Taught by Khouri Long M.S.S.T.,
 Prenatal & Postpartum Exercise Design Certificate
 12 week session = \$144.00 + H.S.T.
 Price subject to number of weeks until due date

Saturday 9:30 – 10:30 am

Toned arms, strong back & legs and a fit belly are all possible even when pregnant. Exercises with hand weights, resistance bands, stability balls and cardiovascular training will restore your energy levels and strengthen your body as it changes throughout pregnancy.

Sponsored by Candace Howard at Pure Envy Salon & Spa AND by Stephanie Palmer at Growing Up Green

*Please check with your Doctor or midwife prior to starting this class.

TRAINING WITH TOTS

Taught by Lisa Mclean, Fitness Instructor Specialist
 4 week session - \$96.00 + H.S.T.
 Pre-registration recommended

Tuesday 12:00 – 1:00 pm Thursday 1:15 – 2:15 pm

Spend some quality time with your Tot...and your trainer!
 This class is designed for new moms looking for time in their busy schedules for fitness and fun! Work on becoming a Yummy Mummy and get to know other moms while shedding those pregnancy pounds. Using intervals of cardio and resistance training, mom & baby are sure to benefit from this full body work out.

*Next session will begin March 26th



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ALSO AVAILABLE AT COR MAXIMUS

CARDIAC REHABILITATION

Tuesday and Thursday

9:00 – 10:00 am (Maintenance)

10:00 – 11:00 am (Rehabilitation)

11:15 – 12:15 am (Rehabilitation)

Cardiac Rehabilitation is a comprehensive rehabilitation and prevention strategy. It includes supervised exercise classes and education seminars designed to re-introduce exercise into your life, help you choose heart healthy foods, and teach you about heart disease and exercise.

The program is primarily for people with heart disease. In most cases, participants have experienced one or more of the following:

Angina
Heart Attack
Angioplasty
Heart Surgery
Coronary Artery Disease

By providing support and education, the Cardiac Rehabilitation program will allow you to live a happier, healthier and longer life. As you progress through the program, you will learn to exercise in a safe and controlled manner. Increasing your activity level after a cardiac event will allow you to return to the things you enjoy.

**please call for more information*