

THEY'RE BACK!

SIGN UP TODAY FOR OUR SPRING SESSION OF CLASSES

****Ballroom starting the week of March 19th****

All other classes starting the week of April 5th – June 26th

INTRODUCTION TO BALLROOM DANCE

Taught by Derek and Jacquie Brown

12 week session

Pre-registration recommended

= \$120.00 per person + G.S.T.

Friday 6:30 – 7:20 pm

For those people who have never danced but who would love to dance all night, let us introduce you to the Waltz, Tango, Foxtrot and Quickstep.

No experience necessary!

BALLROOM DANCE – Level 1

Taught by Derek and Jacquie Brown

12 week session

Pre-registration recommended

= \$120.00 per person + G.S.T.

Friday 7:30 – 8:20 pm

For those of you who can find your way around the dance floor but would like to learn some basic steps, then this class is for you.

Learn simple routines in Waltz, Tango, Foxtrot and Quickstep.

LATIN DANCING - Level 1

Taught by Derek and Jacquie Brown

12 week session

Pre-registration recommended

= \$120.00 per person + G.S.T.

Wednesday 8:00 – 8:50 pm

Learn some of the basic steps and feel the excitement of the Latin rhythm. Join us and learn the Cha Cha, Rumba, Samba and Jive.

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CARDIO PLUS

Taught by Margy Tougas

12 week session

Pre-registration recommended = 120.00 + G.S.T.

Monday 8:00 – 9:00 pm

This high energy, low impact class is designed to work both the upper and lower body by incorporating hand weights throughout the 45 minute cardiovascular portion. This hour long class also includes 15 minutes of core strengthening to complete your total body workout.

WEIGHT LOSS

****Classes run the week of April 12th – July 31st****

Jesse Fortier B.P.H.E.

16 week session / 2 classes per week (*no class May 24th)

Pre-registration required = \$510.00 + G.S.T.

(includes Nutritional Assessment, 3 personal sessions with Jesse, 31 exercise classes and handouts)

Monday 6:15 – 7:15 pm

Wednesday 5:30 – 6:30 pm

Our weight loss class provides a one hour nutritional assessment. This will include a 3 day food diary that is utilized to provide you with an individualized food plan.

You will also receive pre, mid and post one-on-one assessments with the personal trainer for baseline measurements, goals and objectives.

The sixteen weeks of intense exercise classes will include information handouts to aid with your weight loss efforts.

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Kids Yoga

Taught by Nicole Mainville
C.Y.T.-C.N.C.-C.F.T

12 week session = 120.00 + G.S.T.
Pre-registration recommended

Saturday 9:30-10:15 am (ages 7-10)
Saturday 10:15-11:00 am (ages 11- 14)

The younger group will be practicing basic yoga poses, yoga breathing techniques, and activities to build coordination, confidence and imagination.

The older group will practice sun salutations, standing poses and arm balance poses as well as some breathing techniques to create rhythm and introduce alignment, flexibility, strength and mental focus.

Your child may be asked to change groups depending on skill level.

Forever Fit

Taught by Nicole Mainville C.Y.T.-C.N.C.-C.F.T

12 week session = 120.00 + G.S.T.
Pre-registration recommended

Thursday 11:00 – 12:00 pm

Forever Fit is a combination of many forms of exercise therapy. The class may consist of, but is not limited to, seated stretching movements, seated tai-chi movements, mindful walking, chi-kung (physical and mental exercises), and breathing exercises.

These exercises will help with poor posture, muscle tightness, pain and stress. They are also beneficial for increasing bone density.

Please check with your Doctor prior to commencing this exercise program.

Therapy Fitness (Vinitherapy)

Taught by Nicole Mainville C.Y.T.-C.N.C.-C.F.T
12 week session = 120.00 + G.S.T.

Pre-registration recommended

Thursday 12:00 – 1:00 pm

Vinitherapy is a safe and gentle form of fitness designed to alleviate pain and promote health in the low back, sacrum, hips, upper back, neck and shoulders.

This class involves instruction on how to safely perform postures and movements. It will help you build strength and stability in a gentle manner.

If you suffer from chronic injuries or pain, this class is for you.

Yang Style Tai Chi

Taught by Nicole Mainville C.Y.T.-C.N.C.-C.F.T
12 week session = 120.00 + G.S.T.

Pre-registration recommended

Thursday 1:00 – 2:00 pm

Yang style Tai-Chi is a Chinese art with a history dating back thousands of years. It develops both mind and body. You will notice improvements in your balance, flexibility, ability to become centered, rooting of the legs and alignment of the body.

The movements are graceful, the tempo is slow and the benefits are great.

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KICKBOXING

Taught by Robert Dixon and Jennifer Brown
Certified Council Amateur Sport Kickboxing Coaches

8 week sessions (2 classes per week)

Pre-registration recommended

= 195.00 + taxes (includes gloves)

= 160.00 + G.S.T. (no gloves)

Beginner and Intermediate levels

March 1st - April 24th

Tuesday 8:00 – 9:00 pm
Thursday 8:00 – 9:00 pm

April 26th – June 18th

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.

BOOT CAMP

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

4 week sessions

April 19 – May 15

May 17 – June 12

June 14 - July 10

Pre-registration recommended = \$120.00 + GST
(3 classes per week for 4 weeks)

Monday, Wednesday and Friday 6:00 – 7:00 am

Boot Camp has moved indoors, until the warmer weather returns! This hour long class will consist of cardiovascular exercise along with strength elements and flexibility.

Boot camp will challenge your mind as well as your body. You will acquire a better understanding of how your body works, lose body fat and gain confidence.

Join Boot Camp for challenging and fun workouts giving you fast fitness results.

SCULPT AND GLIDE

Taught by Lise Paxton

Certified Personal Trainer

11 week session

Pre-registration recommended = \$110.00 + G.S.T.

Wednesday 4:30 - 5:30 pm

Gliding is an exciting new workout that provides full body toning, sculpting and cardio all at the same time. The Gliding™ sliding discs are specifically designed to slide smoothly along the floor and allow you to experience new movements that work your muscles like never before. Losing weight, flattening your abs and toning your body is so fun, fast and easy. There's no fancy footwork, no high-impact jumps and kicks and no prior fitness experience necessary. Gliding will help you get amazing muscle sculpting results.

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SWISS BALL CLASSES

Taught by Khouri Long - Sports Therapist MSST

4 week session = \$40.00 + G.S.T.

11 week session = \$110.00 + G.S.T.

Pre-registration recommended

Beginner to advanced exercises

Mon. 4:15 – 5:15 pm (4 weeks)

Monday 5:15 – 6:15 pm (Advanced) (11 weeks)

Swiss balls have hundreds of uses beyond performing a crunch over the ball. This course will teach you how to use this excellent tool to improve core strength, balance, posture and dynamic strength.

SWISS BALL CARDIO CIRCUIT

Taught by Khouri Long - Sports Therapist MSST

10 week session = \$100.00 + G.S.T. (no class April 15th)

11 week session = \$110.00 + G.S.T

Pre-registration recommended =

Beginner to advanced exercises

Thursday 4:15 – 5:15 pm (10 weeks)

Saturday 8:30 - 9:30 am (11 weeks)

This circuit will combine cardiovascular work with functional core strengthening performed on a ball. Alternating from one type of exercise to another helps burn calories and fat while gaining strength that can be applied to everyday life.

YOGA CLASSES

Taught by Brenda Baxter

Certified Kripalu Yoga Instructor

10 week session (starts April 19th)

Pre-registration recommended = \$100.00 + G.S.T.

Beginner (B) to Intermediate (I)

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

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.

PILATES CLASSES

Taught by Nicola Kannegiesser, Kristin Franks and

Stephanie Silverthorn

Certified Pilates Instructors

11 week session = \$110.00 + G.S.T.

12 week session = \$120.00 + G.S.T.

Pre-registration recommended

Tuesday 4:30 – 5:30 pm (Stephanie)(11 weeks – Start April 13th)

Thursday 5:30 – 6:30 pm (Nicola) (11 weeks – Starts April 15th)

Thursday 6:30 – 7:30 pm (Kristin) (12 weeks)

Saturday 8:30 – 9:30 am (Kristin)(12 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.

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SUPER SCULPT

Taught by Samantha Scully
N.S.C.A.- C.P.T.

10 week session – \$100.00 + G.S.T.

12 week session = \$120.00 + G.S.T.

Pre-registration recommended

Thursday 6:30 – 7:30 pm (12 weeks)

Saturday 9:30 – 10:30 am (10 weeks)
(no class May 22nd and June 26th)

Improve your strength and tone your body while working your muscular endurance.

A blend of strength training using a variety of equipment like steps, resistance bands and medicine balls will help you get a strong, sleek body. This class provides a combination of different exercises that will increase both your strength and your endurance in a circuit format.

STROLLER DERBY

Taught by Samantha Scully
N.S.C.A.- C.P.T.

11 week session - \$110.00 + G.S.T.

12 week session = \$120.00 + G.S.T.

Pre-registration recommended

Monday 10:00 – 11:00 am (11 weeks) (no class April 5th)

Thursday 10:00 – 11:00 am (12 weeks)

Stroller Derby is a class designed for new moms looking for time in their busy schedules for fitness. This class incorporates your child's stroller into a variety of exercises so your baby can join you on your journey of becoming a Yummy Mummy. Spend some quality time with your child, as well as other moms while getting fit and working off those pregnancy pounds.

CIRCUIT TRAINING

Taught by Samantha Scully
N.S.C.A.- C.P.T.

12 week session

Pre-registration recommended = \$120.00 + G.S.T

Tuesday 5:30 – 6:30 pm

Thursday 5:30 – 6:30 pm

Circuit Training is a completely balanced workout, and can be done at any age or fitness level. It burns calories and fat by incorporating blasts of cardiovascular work with strength training. It is a great way to improve mobility, strength and stamina.

PRENATAL FITNESS CLASSES

Taught by Samantha Scully
N.S.C.A.-C.P.T.

10 week session = \$100.00 + G.S.T.

Pre-registration recommended

Sat. 10:30 – 11:30 am (no class May 22nd and June 26th)

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

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

Please note!

There may be openings in the classes after the April start date.

Please call to inquire: 476 – 8888