



Sign up Today for Winter Classes Starting January 4th

Cor Maximus

There are often spaces available in classes after the official start date, please call to inquire!



NEW TO COR MAXIMUS

Kids Yoga

Taught by **Nicole Mainville**

C.Y.T.-C.N.C.-C.F.T

13 week session = 130.00 + G.S.T.

Pre-registration recommended

Saturday 9:00-10:00 am (ages 7-10)

Saturday 10:00-11:00 am (ages 11- 14)

The younger group will be practising 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 – Therapy Fitness

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

13 week session = 130.00 + G.S.T.

Pre-registration recommended

Thursday 11:00 am – 12:00 pm

Fitness Therapy is a safe and gentle form of fitness designed to alleviate pain and improve personal well-being. This class involves instructions on how to safely perform movements, and manage pain with breathing exercises and chi-kung (physical and mental exercises). These exercises will help people with M.S., Osteoporosis (restore lost bone density), I.B.S., high blood pressure, headaches, P.M.S., anxiety and depression. Fitness Therapy is the ultimate prescription for healing body, mind and soul.

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

Therapy Fitness (Vinithery)

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

13 week session = 130.00 + G.S.T.

Pre-registration recommended

Tuesday 7:30-8:30 pm

Vinithery 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. Chronic injuries or pain? This class is for you.

Yang Style Tai Chi Chung

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

13 week session = 130.00 + G.S.T.

Pre-registration recommended

Saturday 11:00-12:00 noon

Yang style Tai-Chi Chung 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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SWISS BALL CLASSES

Taught by **Khouri Long**
Sports Therapist MSST

13 week session
Pre-registration recommended =
\$130.00 + G.S.T.
Beginner to advanced exercises

Mon. 4:15 – 5:15 pm
Monday 5:15 – 6:15 pm(Advanced)

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

13 week session
Pre-registration recommended =
\$130.00 + G.S.T.
Beginner to advanced exercises

Thursday 4:15 – 5:15 pm
Saturday 8:30 - 9:30 pm

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.

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) or 160.00 + G.S.T. (no gloves)
Beginner and Intermediate levels

January 4th - February 27th

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

March 1st - April 24th

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.



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STROLLER DERBY

Taught by **Samantha Scully**
N.S.C.A.- C.P.T.
13 week session = \$130.00 + G.S.T.
Pre-registration recommended

Monday 10:00 – 11:00 am
Thursday 10:00 – 11:00 am

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.

PRENATAL FITNESS CLASSES

Taught by **Samantha Scully**
N.S.C.A.-C.P.T.
11 week session = \$110.00 + G.S.T.
**no class Feb. 13th, March 27th*
Pre-registration recommended

Sat. 10:30 – 11:30 am

Toned arms, strong back & leg 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.

CIRCUIT TRAINING

Taught by **Samantha Scully**
Certified Personal Trainer
15 week sessions
Pre-registration recommended = \$150.00 + 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.

SUPER SCULPT

Taught by **Samantha Scully**
Certified Personal Trainer
13 week session = \$130.00 + G.S.T.
Pre-registration recommended
Thursday 6:30 – 7:30 pm
Saturday 9:30 – 10:30 am

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.



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YOGA CLASSES

Taught by **Brenda Baxter**
 Certified Kripalu Yoga Instructor
 13 week session

Pre-registration recommended = \$130.00 + 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 **Kristin Franks** and **Stephanie Silverthorn**
 Certified Pilates Instructors

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

Thursday 5:15 – 6:15 pm (Stephanie)
**no class March 18th*
 Thursday 6:30 – 7:30 pm (Kristin)
**no class Jan. 21st*
**week of Jan. 11th class will run on Tues. Jan. 12th*

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. It builds strength without adding excess bulk, creating a sleek, toned body. Pilates will help you move in safer and more efficient movement patterns – invaluable for injury recovery, sports performance, good posture and optimal health.

SCULPT AND GLIDE

**** Classes run from Jan. 6th – March 10th ****

Taught by **Lise Paxton**
 Certified Personal Trainer
 10 week session

Pre-registration recommended = \$100.00 + 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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WEIGHT LOSS

****Classes run the week of Jan 11th – April 28th****

Jesse Fortier B.P.H.E.

16 week session / 2 classes per week

Pre-registration required = \$520.00 + G.S.T.

(includes Nutritional Assessment, 3 personal sessions with Jesse, 24 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 fourteen weeks of intense exercise classes will include information handouts to aid with your weight loss efforts.

BOOT CAMP

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

4 week sessions

February 1 – February 27th

March 1st – March 27th

March 29th – April 17th

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! 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.

Please note!

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

Please call to inquire.