

# Adult Fitness

14 years and older unless specified

## Ballroom Dance

Saturdays 2:00-3:00pm (Session A only)

An introductory class to the world of ballroom dancing. This class will incorporate such styles as the Waltz, Tango, Cha Cha, Rumba and the Foxtrot. Ballroom dancing is a fun way to impress your friends at social gatherings. Ideal for couples but singles are welcome.

Members \$27.00 Non-Members \$54.00

## Endurance Cycle

Thursdays 5:15-6:45pm (Session A & B only)

Endurance Cycle is a great way to maintain or increase cycling endurance and strength. Each week includes a fun and challenging 90-minute cycling class that includes heart rate training and specific muscle group drills.

Members \$27.00 Non-Members \$54.00

## Exercise for Parkinson's

Fridays 10:45-11:45am

Join this chair exercise program to help increase mobility and strength. This program is appropriate for any individuals with Parkinson's disease, or those looking for a gentle paced program.

Members \$24.00 Non-Members \$48.00

## Fitness Fridays

Fridays 1:00-2:00pm

These sessions are designed for adults with developmental disabilities. The group will participate in a variety of different activities to develop confidence while being physically active. This program is a partnership with Alternatives Community Program Services.

Members Included Non-Members \$27.00



## Growing Young

Tuesdays and Thursdays 1:15- 2:00pm

This gentler-paced fitness class focuses on strength, endurance, range of motion, balance and mobility. By using a combination of weights, stability balls and therabands this class builds your ability to accomplish everyday activities with ease.

Members Included Non-Members \$42.00

## Hip Hop Dance- Adult

Fridays 6:15-7:15pm (Session A only)

Do you enjoy dancing, moving to great music and having fun all while burning calories? Come out to our new Hip Hop dance class and experience new levels of fun. This class will start with an introduction to hip-hop style movement leading to more advanced and intricate dance steps. Our instructor will use specially designed dance combinations that are fun and easy to master. Appropriate for all levels of expertise.

Members \$27.00 Non-Members \$54.00

## Latin Dance- Adult

Fridays 5:15-6:15pm (Session A only)

Experience dance movement with Salsa, Meringue, Mambo, Rumba, and Cha Cha Cha flare. This exciting new class is loaded with attitude and energy. This progressive dance experience is designed to make you laugh, while working out. All levels welcome.

Members \$27.00 Non-members \$54.00

## Lifestyle Challenge

Wednesdays, January 13- April 7 (13 weeks) 5:15-6:30pm

Wednesdays, April 21- July 14 (13 weeks) 5:15-6:30pm

Are you someone who has made the decision to change your lifestyle for the better, and you want to know how to achieve it? Do you want to have more energy than you've had in years? Do you want to learn the proper way to lose body fat, eat properly, and stay focused on your goals? Dale will introduce you to a dynamic way of working out, eating properly and utilizing a valuable social support system which will take your fat loss goals to new heights.

This program is intended for those who are truly committed to transforming their body, mind and spirit.

Participation will be limited to 15 individuals. Each person will need to provide a completed PAR-MED-X form from their physician.

Members \$84.00 Non-Members \$168.00

## Lifestyle Challenge PLUS

Prerequisite: The Lifestyle Challenge

Session A - Tuesdays, January 12- March 2, 6:30-7:30pm

Session B - Tuesdays, March 9-April 27, 6:30-7:30pm

Session C - Tuesdays, May 4- June 22, 6:30-7:30pm

For all of those who have successfully taken the Lifestyle Challenge, we are pleased to introduce the new Lifestyle Challenge PLUS Program. This unique program takes all that you have learned in the Lifestyle Challenge to the next level, and beyond! Each week's 75 minute class will be comprised of a BootCamp-style workout done as a group, as well as a weigh-in to track your progress. After the eight weeks, the participants will be judged based on their achievements, and the winners will be rewarded with a special prize! Before & after photos will also be taken. Each week will also involve a unique "challenge-of-the-week" that must be completed by the next class. YMCA trainer Dale Bateman returns to take his "Challengers" through a brand new diverse workout schedule and meal plan that is designed to help them achieve results quickly, and help keep them focused on maintaining these results for the rest of their lives. Limit of 15 participants per 8 week session.

Members \$70.00 Non-Members \$140.00

## Moms on the Move – Muscleworks

(Babies aged 4 weeks to crawling)

Thursdays 11:15am-12:00pm

Tuesdays 11:15am-12:00pm (Session A & B only)

Moms on the Move is the perfect program for you to strengthen, tone and relax your recovering body while spending quality bonding time with your baby. This workout integrates baby into resistance exercises to strengthen and stretch those muscles doing overtime as a busy parent.

Members Included Non-Members \$44.00

## Moms on the Move – Walking Group

(4 weeks to 18 months)

Tuesdays 11:15am-12:00pm (Session C Only)

Just like Moms on the Move but with added cardio and we're taking it outside. With stroller and baby in tow, this walking workout focuses on aerobic fitness. Moms on the Move is perfect for the new mom (or dad) looking to improve their cardiovascular health. It's a fun and very social class!

Members Included Non-Members \$44.00

# Adult Fitness

## Program Sessions

Winter A - Saturday January 9 to Friday March 5

Winter B - Saturday March 6 to Friday April 30

Spring C - Saturday May 1 to Friday June 25

### Pilates

Mondays 6:30-7:30pm

(Class held in Wesley Hall, St. James United Church, Romain St.

The ultimate workout! A group class featuring a blend of body sculpting resistance and core conditioning. Pilates is designed to shape, tone, sculpt and lengthen your body. Improve muscular strength and endurance while conditioning your deep abdominal and back muscles. This class is ideal for those with some previous Pilates experience and the desire to step it up. Get ready to take your body to the next level with great results and great energy.

Members \$44.00

Non-Members \$88.00

### Prenatal Pilates

Mondays 5:15-6:15pm

(Class held in Wesley Hall, St. James United Church, Romain St.

This class is designed for expectant moms who want to keep their bodies strong in preparation for delivery. This class will help to challenge core stability and build muscular strength with special focus on the muscles used for childbirth. It will also focus on breathing patterns, proper body alignment and weight resistant work. Modifications will be made for the various stages of pregnancy. You will feel both energized and relaxed by the end of each class. Participants are asking to bring 2 pillows to each class.

Members \$44.00

Non-Members \$88.00

### Taijost Tai Chi

Sundays 9:00-10:30am

Discover a genuine path for health and tranquility. People of all ages can learn and benefit from the gentle turning and stretching movements of this art. It is a self-regulated form of exercise that adapts to the needs of all participants and their abilities. The health benefits include: improved circulation, balance and posture; increased strength and flexibility; and reduced stress. This class can help to improve the health and quality of life for people dealing with health conditions such as poor circulation, high blood pressure, arthritis, back pain, joint immobility's, respiratory problems, digestive disorders, Parkinson's disease, multiple sclerosis, fibromyalgia and many others. Tai Chi restores the calmness and peace of mind that is often lost through the requirements and anxieties of daily life.

Members \$65.00

Non-Members \$130.00

### Try A Tri

Thursdays 6:00-8:00pm (All Sessions),

Sundays 8:00-11:00am (A+B Sessions), 7:30-11:30am (Session C)

Do you want to take your Tri training to the next level? The sprint and Olympic distance programs will increase your endurance and prepare you for your next challenge.

Sprint Distance (Session A & B)

This program will train you to complete a 750 m Swim, a 20 Km bike, and a 5 Km Run.

Olympic Distance (Session C)

This program will train you to complete a 1500 m Swim, a 40 K Bike, and a 10 KM Run.

For more information please contact Gary in the Lifestyle Centre (certified personal trainer and Triathlon competitor) 748-9642 x 251

Members \$82.00

Non-Members \$164.00

### Yoga 16 years and older

Challenge your spirit, mind and body as you move through a series of yoga postures and stretches. Practiced for centuries, yoga is an energizing and relaxing experience that will strengthen you mentally and physically. This is a progressive class, each week the postures and routine are advanced from the previous class.

Beginner - Tuesdays 6:30-7:30pm

Members \$44.00

Non-Members \$88.00

Intermediate - Tuesdays 7:30-9:00pm

Members \$54.00

Non-Members \$108.00

## Lifestyle Centre

### WOMEN

#### Fabulous Curves (Level 1)

Mondays 10:30am-12:00pm, Wednesdays 6:30-8:00pm

This six-week program eases your way into resistance training. We will talk about the components of fitness, and why each one has unique benefits, as well as why we need to use resistance equipment. We will focus proper technique on the cardio equipment, selectorized machines, as well as stability balls and core work. Participants meet once a week for 90 minutes with one of our certified personal trainers. Join other women to develop skills and friendships to get you on your way to a healthier you! Maximum of 4 participants per session.

Members \$34.00

Non-Members \$68.00

#### Mighty Curves (Level 2)

Prerequisite: Fabulous Curves or Women on Weights

Thursdays 6:30-8:00pm

This six week course helps you build confidence and helps you to develop a better understanding of free weights and the free weight area. With a large nutrition component and tips for staying on track, this program will keep you inspired and help you develop your own fitness program so that you are ready to conquer the weight room. Equipment used includes free weights, benches, functional trainer with stability and BOSU balls. Maximum of 4 participants per session.

Members \$34.00

Non-Members \$68.00