



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30	TRXtreme	Power Hour	TRXtreme	The RIDE	TRXtreme		
8:15		TRXtreme (8:00)		TRXtreme (8:00)		Hatha Yoga	
9:15	Straight Up Strength	Below the Belt	Straight Up Strength	Upper Cuts	Step to It!	Ultimate Step (75min)	Power Yoga (60min)(10:00)
10:30	CardioSalsa		CardioSalsa		CardioSalsa	POWER Training (60min)	Ultimate POWER Circuit (11:00)
12:10	FleXpress	CKB	Body Blitz	CKB	ROCK Bottom		The RIDE
1:30		TRXtreme (4:00)		TRXtreme (4:00)		BoxerFit	Amazing Abs (1:15)
4:30	Fit Happens	CORE Cuts (30min) (5:00)	POWER Hour	CORE Cuts (30min) (5:00)		I.C.E. (3:00)	
5:30	Step to IT! (Intermediate to Advance)	KICK IT!	20/20/20	Vicious Cycle	Pilates (5:00)		
6:30	Sculpt & Stretch	SMART Body	Abs & Stretch	SMART Body			
7:30	BoxerFit	Power Yoga	Step to IT!	Flow Yoga			
8:30							

THIS SCHEDULE MAY CHANGE WITHOUT NOTICE

Drop in for all Specialty classes \$15 +gst. See club staff for registration details.

Specialty Classes

Cardio Salsa: This explosive Cardio Salsa Class is all about having fun and freeing your spirit. It's not only good for your heart, but it goes beyond that. It's actually rejuvenating for your soul. Come express yourself AND have lots of FUN, through the most tantalizing form of dance since the birth of rhythm.

10 classes only \$99.- (2 month expiry)

CORE Cuts: Check out this amazing CORE workout with our certified expert personal trainer who will take you through a series of exercises developing an amazing core from the inside out.

6 weeks only \$59.-

ABS & Stretch: A class with concentrated abdominal and back work followed by a deep stretch.

6 weeks only \$39.-

Amazing ABS: Join us for amazing 30 mins. of hard core abdominal work - important for keeping the body healthy & protecting the spine.

6 weeks only \$39.- On-Going - See Front Desk to register

BoxerFit: An athletic boxing workout incorporating cardio with strength, endurance and boxing moves.

6 weeks only \$79.-

Pilates: A core strengthening class that focuses on mind muscle connection. Learn how to strengthen your abdomen, back and improve your posture.

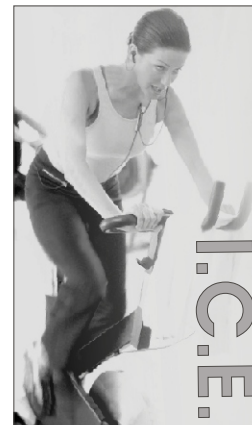
ICE: Put the pedal to the metal! Jump on one of our fat burning bikes & ride your way to a trim, toned physique.*

Vicious Cycle: For those individuals looking for a killer cardio and strength workout, cycling is for you! Participants will cycle on a stationary bike to music while the instructor takes each person through all types of training including intervals, jumps, runs, sprints and climbs. Open to all fitness levels.*

The RIDE: A fantastic heart pumping workout taught on a stationary bike. You will climb, sprint and train to incredible music & extraordinary instruction.*

*ALL CYCLE classes: 10 Classes only \$99.- (2 months expiry)

**For all YOGA Class descriptions see reverse side...



Group Exercise Classes

Below the Belt: A strength conditioning class designed to target the muscles of the lower body and core.

Body Blitz: Can you say high intensity? This 45 minute class combines cardiovascular exercise with resistance training making it a workout your body will not soon forget.

Fit Happens: When you're having fun, getting fit just HAPPENS. This class is a moderate level circuit class designed for all fitness levels, with modifications in movements from beginner to seasoned fitness enthusiast! Come by and see what all the fun is about!

FleXpress: A fast-paced toning class that is time efficient & effective. You'll be back in the office in under an hour.

KICK IT!: Get fit with our high energy cardio kickboxing class. Combines punches, kicks & cardio intervals for a knockout workout!

POWER Hour: Combines non-stop cardio, step & weight toning for the entire body in only 1 hour. Suitable for beginners to the aerobic athlete.

POWER Training: Enjoy non-stop body sculpting accompanied by heart pumping cardio.

SMART Body: Specific - Measurable - Attainable - Realistic - Training. These are the main components to getting FIT & achieving RESULTS! A unique blend of strength conditioning along with cardiovascular training will keep your metabolism fired up all the way through giving you maximum calorie burn.

Step to It!: A challenging workout for intermediate to advanced participants. Exciting choreography will take you all around the bench with fun & challenging combinations that will test your mind and body. The class will end with abs & Stretching.

Straight Up Strength: Just hard work that will push you to the max! A great free weight workout that challenges your entire body & builds strong muscles.

Upper Cuts: A complete workout targeting the entire upper body to sculpt, shape & build your muscles.

Ultimate Step: Step up the intensity of your workout with this mix of muscular strength & endurance designed to improve all areas of the body.

20/20/20: This class has it ALL! 20 mins of high energy cardio, 20 mins. of muscle strengthening followed by 20 mins of ab/core conditioning.

Ultimate POWER Circuit: Get ready to SWEAT! Step up the intensity of your workout & caloric burning. Your muscular strength & endurance will be tested in this high energy circuit workout class.

Rock Bottom: Looking to tighten those hips, thighs, and rock that bottom? This class is concentrated on strengthening and sculpting the lower body to get in shape below the waist!

Sculpt & Stretch: Sculpt & shape your body beautiful using the latest sculpting techniques which is then followed by a revitalizing, relaxing stretch. - See Front Desk for more information

CKB (Cardio Kickbox): High Intensity full body & cardio workout using Tai-Bo style combinations. Great for all levels.

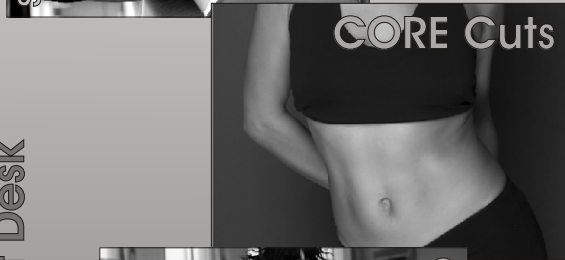
Club Etiquette

- Everyone must sign-in at the front desk and show their membership card.** We may periodically check your file on our computer and/or ask for additional identification.
- Wear clean clothing that allows freedom of movement with proper support, and athletic footwear.
- Bring a lock.** Lockers are for daily use - please take your things home each day. We cannot be responsible for lost or stolen items. Keep your workout bags in your locker or car - please avoid bringing them into the workout areas.
- Carry a towel with you.** If you perspire on the equipment, wipe it to prepare the machine for the next member.
- A warm-up, including some stretching, is recommended before your workout (please avoid pressing against mirrors, especially during your stretching).
- Cardio Equipment. There is a 15 minute maximum during prime time and when others are waiting.
- Eat 2-4 hours before a workout for main meals, or 1-2 hours before for light meals.
- Please drink water regularly to hydrate yourself. A water bottle is a great idea.
- Assistance:** Before engaging in the use of **unfamiliar exercises/equipment** please ask a staff member for a demonstration. If you have any questions, feel free to ask our instructors or go to the **Service Desk**.
- Service Desk:** Member may book appointments for retesting and progress evaluations every 6 - 8 weeks.
- Behave in a manner that is respectful, considerate, and polite. Loud and aggressive behavior is unacceptable.
- Most importantly - have fun!

IMPORTANT NOTES

- Please read all information on the other side...**
- Please let your Aerobic Instructor know if you:**
 - are a beginner
 - have back, knee, or other joint problems
 - are diabetic, asthmatic, or pre/post natal
 - are taking any medication that may affect you
- Take all classes at your own pace:**
 - options and modifications will be provided, please use them
 - if fatigued, drop arms and keep feet moving
 - if you feel pain anywhere, adjust intensity
 - if you feel faint or dizzy, stop, ask for assistance
- For Best Results:**
 - wear appropriate no-scutt footwear
 - drink water before and during the class
 - stay for the cool-down. If you must leave please signal to your instructor that you are O.K.
- For Best Results:**
 - avoid chewing gum
 - keep water bottles and towels to side
 - listen to aerobic safety cues

Specialty Programs



Pre-Register at Front Desk
\$ Additional Fee \$

Mind Body Fitness

Power Yoga: An energizing yoga practice for working out stiffness, purifying the mind, yet builds upon strength, stamina and flexibility.

Traditional Hatha Yoga: Bring balance to your day by feeling relaxed & centered. This class is a gentler form of yoga to get the mind focused & the entire body limber.

Flow Yoga: A method of yoga that involves synchronizing the breath with the progressive series of postures.

Yoga Prepay Cards - These cards provide you with the flexibility to choose the classes that suit your needs. **10 classes \$99.- (2 mo expiry)**
***Drop in: \$15**

Club Hours

Mon - Fri	5:30AM - 11:00PM
Saturday	8:00AM - 7:00PM
Sunday	8:00AM - 10:00PM

Guest (19 yrs. or older)

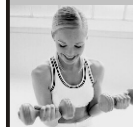
Guest Drop-in Fee \$20.00

- Guest passes can be obtained from an instructor.
- Please arrive 30 minutes before a class
- A guest may participate in an aerobic class after completing a medical questionnaire & instructor briefing.

Personal Training

- ★ **Motivation & Consistency**
Be held accountable
 - ★ **Proven 80% faster results with a trainer than alone**
Eliminate trial and error
 - ★ **Education & Guidance**
Prevent common training errors and overuse injuries
 - ★ **Make workouts fun & avoid boredom dropout**
Learn new exercises and techniques
 - ★ **Break through plateaus**
Get the results you want, and maintain them
- Fees for service: See Fitness World Staff**

EZ Nutrition Plan



Monthly Meetings starting every last Thursday of the month @ 8:30p in the Group Fitness Room



- ★ **8-Week Personalized Meal Plan**
140 Meals based on your food preferences
 - ★ **Weekly Shopping Lists**
Set your self up for success
 - ★ **Meal Exchange Training**
Learn how to pick alternate foods
 - ★ **Monthly Meetings with Staff Support**
Social and professional networking
- Fees for service: See Fitness World Staff**