

SPECIALTY CLASSES

Additional 25% for Non-Members

INDOOR CYCLING EXPERIENCE

Experience the exhilarating rush from participating in the easy to follow I.C.E. class. Great for beginners to athletes. This self paced class will enhance body fat loss, build cardio and improve performance. **(I.C.E. Express-30 minutes)**
3 months \$99, 6 months \$129, 12 months \$240

POSING PRACTICE

Preparation posing for your Figure, Fitness, or Body Building competition. **(Fri, Sun @2:00pm)**
Personal Training rates apply

HIGH SCHOOL FITNESS FIELD TRIPS

Fitness World has teamed up with BC High Schools to introduce students to a variety of fitness classes. Circuit training, kickboxing, step, yoga, pilates & more. Led by Personal Trainers these PE classes are structured to meet needs of both student and curriculum.

For more info contact jennyw@fitnessworld.ca.



**SPECIALTY CLASSES NOW INCLUDED
IN ALL LEVEL 2 & 3 MEMBERSHIPS:
YOGA, PILATES AND I.C.E.
INQUIRE ABOUT HOW TO UPGRADE
YOUR MEMBERSHIP TODAY.**

For more information contact: (604)533-3113 or jennyw@fitnessworld.ca

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|--|--------------------------------------|--|--------------------------------------|--|--|--------------------|
| 6:00 | | I.C.E. EXPRESS CORE 101 | PIYO | I.C.E. | | I.C.E. (8:10) | |
| 8:30 | CHISEL DOWN (LOWER BODY) (40min) | CHISEL UP (UPPER BODY) (40min) | CHISEL DOWN (LOWER BODY) (40min) | CHISEL UP (UPPER BODY) (40min) | | | |
| 9:15 | CARDIO KICKBOX (75min) | PUMP & JUMP | CORE 101 | PUMP + JUMP | I.C.E. | CARDIO KICKBOX (75 min) | CARDIO FUSION |
| 10:15 | | I.C.E. | | | CORE 101 (30min) | CORE 101 (10:30) | CORE 101 |
| 12:30 | EXPRESS PIYO (45min) | I.C.E. EXPRESS (45 MIN) | | I.C.E. EXPRESS (45 MIN) | ATHLETIC STRETCH (10:45) (30min) | I.C.E. (11:15) | I.C.E. (11:00) |
| 2:00 | | | | | POSING PRACTICE | | POSING PRACTICE |
| 5:15 | CARDIO KICKBOX | 20/20/20 | 45 MIN CORE BOOTCAMP | I.C.E. | FULL BODY CONDITIONING (45min) | | |
| 6:20 | I.C.E. | | I.C.E. | | | | |
| 7:30 | PIYO | CARDIO KICKBOX (75min) | PIYO | CARDIO KICKBOX (75min) | | | |
| 8:30 | | | | | | Specialty Classes require additional fees - See front desk. | |

*All classes are 60 minutes unless indicated. This schedule is subject to change without advance notice. Statutory Holidays: Look for special classes or time changes.

CLASS DESCRIPTIONS

PIYO - Pilates and Yoga Fusion. A great workout featuring the best of both exercises.

45 MIN CORE BOOTCAMP - Core Training with a variety of equipment.

20/20/20 - 20 minute segments of Step, Hi-Lo, & Strength.

CORE 101 - 30 minutes of core strengthening

CHISEL UP/DOWN - Get pushed to the limit as your trainer takes you through your workout using advanced training techniques. 45 minute class.

CARDIO KICKBOX - Martial arts kicks & Boxing punches for simple yet challenging drills that improve endurance, strength and speed.

PUMP + JUMP - A dynamic cardio/strength class using a mixture of cardio styles and resistance equipment for a total body workout.

CARDIO FUSION - An exhilarating 60 minute session consisting of various types of cardio conditioning.

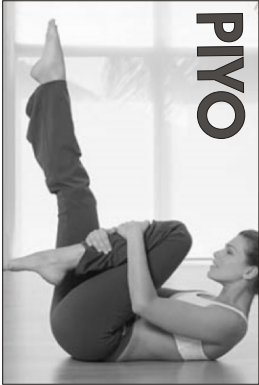
FULL BODY CONDITIONING - Work your entire body with a variety of equipment for great results.



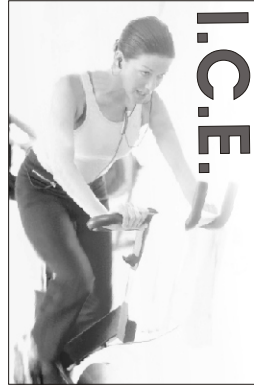
STEVE NASH FITNESS WORLD

GETTING CANADA FIT SINCE 1959

SPECIALTY PROGRAMS



PIYO



I.C.E.

**Pre-Register at Front Desk
for Specialty Programs
\$ Additional Fee \$**



Personal Training

**"IF YOU COULD DO IT ON YOUR OWN
YOU WOULD ALREADY BE THERE !!"**

MOTIVATION

ACCOUNTABILITY

RESULTS!!

BOOK YOUR COMPLIMENTARY DEMO TODAY!

SEE FRONT DESK FOR DETAILS.

LANGLEY FITNESS WORLD

200 - 19925 Willowbrook Drive, Langley, B.C.
Phone: 604-533-3113 | www.fitnessworld.ca

**Manager: Monica Danielson
Fitness Director: Jenny Weis**

Club Hours

OPEN 24 HOURS

5am Monday-11pm Friday

Saturday 7:30AM - 8:00PM

Sunday 7:30AM - 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 and instructor briefing.

CHILD MINDING

* Pick up Child Minding Guidelines

Rates:

| | | |
|-----------------|-----------------------|--------|
| 1 Hour | 1st Child | \$3.00 |
| | Each additional child | \$1.00 |
| 1½ Hours | 1st Child | \$4.50 |
| | Each additional child | \$2.00 |
| 2 Hours | 1st Child | \$6.00 |
| | Each additional child | \$3.00 |

Times:

| | |
|--------------------------|------------------|
| Monday - Thursday | 8:15am - 1:30pm, |
| | 3:30pm - 8:30pm |
| Friday | 8:15am - 1:30pm |
| Saturday | 8:00am - 1:00pm |
| Sunday | 9:00am - 1:00pm |

Club Etiquette

1. **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.
2. Wear clean clothing that allows freedom of movement with proper support, and athletic footwear.
3. **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.
4. **Carry a towel with you.** If you perspire on the equipment, wipe it to prepare the machine for the next member.
5. A warm-up, including some stretching, is recommended before your workout (please avoid pressing against mirrors, especially during your stretching).
6. **Cardio Equipment.** There is a 15 minute maximum during prime time and when others are waiting.
7. Eat 2-4 hours before a workout for main meals, or 1-2 hours before for light meals.
8. Please drink water regularly to hydrate yourself. A water bottle is a great idea.
9. **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**.
10. **Service Desk:** Member may book appointments for retesting and progress evaluations every 6-8 weeks.
11. Behave in a manner that is respectful, collegial, and polite. Loud and aggressive behavior is unacceptable.
12. Most importantly - have fun!

IMPORTANT NOTES

- **Please read all information on 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-s cuff 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



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