

## Registered Seasonal Fitness Class Descriptions

**For registration info, call 250.764.4040 ext 0**

**Members:** Included in membership

**Public:** Fees apply below

### **Baby Bootcamp (May-October - outdoor class)**

New Moms: get fit with this stroller based fitness class. Combine strength training, abdominal exercises, cardio drills, and use resistance tubes. Please bring a water bottle, blanket, stroller & your baby.

Babies must be minimum 12 weeks.

**Public:** \$96

### **Off--Season Golf Conditioning 13+ yrs - 8 weeks (January - March)**

Prepare your body for the golf season with strength and endurance exercises for the lower body through cardio, core conditioning and balance training. This program is delivered in a group setting.

**Public:** \$85

### **Osteofit level I - 6 weeks**

This class is designed to offer an accessible exercise and education program for men and women with osteoporosis. The class increases physical strength and balance while reducing the risk of fracture. Relaxation strategies will also be taught with a purpose of reducing chronic pain. In partnership with the BC Women's Hospital.

**Public:** \$91

### **Osteo-fit for Life level II (Coming this SPRING!)**

Want to improve your posture, balance and strength? Join us in this fun, simple, gentle fitness class. Easy aerobic routines warm you up before concentrating on core strength and postural exercises. Exercise bands, tubes and hand weights are used in this light to moderate intensity class intended for the older adult and graduates of the Osteofit level I.

**Public:** \$91

### **Pre-natal Mat Pilates - 6 weeks**

This is a safe and functional workout for expecting mothers. Great for all stages of pregnancy as it can be tailored to each person's needs. We will adapt existing mat Pilates exercises and learn several new ones specifically designed with the prenatal body in mind. Tips will be provided for the delivery room and postnatal recovery. Participants and their Health Care Provider are asked to complete a PARmed-X for Pregnancy Form prior to class start date.

**Public:** \$48

### **Run Clinic - 8 weeks (May-June & September -October - outdoor class)**

This 8 week clinic continues to build on your cardiovascular endurance with the emphasis on increasing running duration & distance. Suited for runners at an intermediate fitness level.

Please remember a water bottle, good outdoor running shoes and clothing appropriate for the weather!

**Public:** \$120

### **Ski/Snowboard Conditioning 13+ yrs - 8 weeks (October - December)**

Get the most out of the downhill season by preparing your body through strength and endurance exercises for the lower body, cardio, core conditioning and balance training. This program is delivered in a group setting.

**Public:** \$86

### **Take Action 16yrs+ 8 weeks**

This program that is designed for anyone that is looking to start or continue their path to health and wellness. As a group, individuals will learn about: healthy eating habits, goal setting, exercise habits, barriers to exercise and much more. Specific class times will be set aside for group exercise, seminars, team work drills and challenges. A modified physical assessment will be done to monitor individual progress throughout the 8 weeks.

**Public:** \$250

Updated as of 22Dec11

MON	TUE	WED	THU	FRI	SAT
	7:00 - 8:30 <b>Take Action</b> Jan 17 - Mar 3		7:00 - 8:30 <b>Take Action</b> Jan 17 - Mar 3		11:45 - 12:15 <b>ZumbAtomic®</b> (4-5yrs) Jan 14 - Feb 18 & Feb 25 - Mar 31
9:30 - 11:00 <b>Healthy Hearts</b> starts Jan 9		9:30 - 11:00 <b>Healthy Hearts</b> starts Jan 11		9:30 - 11:00 <b>Healthy Hearts</b> starts Jan 13	12:25 - 12:55 <b>ZumbAtomic®</b> (6-7yrs) Jan 14 - Feb 18 & Feb 25 - Mar 31
1:45 - 2:45 <b>Osteofit level I</b> Feb 20-Mar28	2:00 - 4:30 <b>Chronic Pain Self Management</b> Feb 14 - Mar20 (Boardroom)	1:45 - 2:45 <b>Osteofit level I</b> Feb 20-Mar28	2:00 - 4:30 <b>Chronic Disease Self Management</b> Feb 16 - Mar22 (Boardroom)		1:00 - 1:45 <b>Parent &amp; Child ZumbAtomic®</b> (8-12yrs) + parent/guardian Jan 14 - Feb 18 & Feb 25 - Mar 31
		4:30 - 5:30 <b>Pre-Natal Mat Pilates</b> (MP 2) Jan 11 - Feb 15 & Feb 22 - Mar 28		4:00 - 4:45 <b>Y Wellness Workshops</b> (2nd & 4th week of each month)	2:15 - 3:15pm <b>Take Action</b> Jan 17 - Mar 3
		5:15 - 6:30 <b>Off-Season GOLF Conditioning</b> Jan 11-Feb 29	6:00 - 8:30 <b>Prenatal Wellness</b> (MP 2) Mar 1 - Apr 5 *Additional fees apply		<b>For registration information, call 250.764.4040 ext. 0</b>
	7:15 - 8:45 <b>Take Action</b> Jan 17-Mar 3	8:00 - 9:00 <b>Off-Season GOLF Conditioning</b> Jan 11-Feb 29	6:45 - 8:15 <b>Take Action</b> Jan 17-Mar 3		

## Wellness/ Child & Youth Fitness Registered Class Descriptions

### Healthy Hearts

A supervised physical activity program designed for those diagnosed or at risk of developing heart or lung disease or diabetes. For registration info, call Cheris at 250.764.4040 ext. 404

### Y Wellness Workshops (2nd & 4th week of each month)

Health tips will be offered bi-weekly and a guest speaker will discuss topics related to healthy body, mind and spirit.

**Please sign up at the Fitness desk.**

### Living a Healthy Life with Chronic Conditions (includes a Reference Guide)

For many people, coping with a chronic health condition or chronic pain can be extremely trying. Fatigue, pain, breathing difficulties, sleeping problems, loss of energy, depression and anxiety about the future are common. Join us for a peer facilitated 6 week self-management course, delivered in a safe and non-judgmental environment offered free of charge. In partnership with University of Victoria - Centre on Aging and the BC Health Authority.

- Chronic Disease Self Management
- Chronic Pain Self Management

### ZumbAtomic® 4 - 12 yrs

What is Zumbatomic®? Kids love to crank up the music, dance, wiggle and have a blast with their friends. So why not get fit while doing it? Zumbatomic® is an exhilarating workout designed specially for kids' minds & bodies.

Limited space available so register early!

**L'il Stars 4 - 5 yrs & 6-7yrs**      **Public: \$50**

**Big Stars 8 - 12 yrs + Parent/Guardian**      **Public: \$65/person\***

*\*Child and Parents need to both register for this program\**