



Specialty Classes - SPRING Schedule 2017

LifeFIT on Riverside Drive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00am to 10:00am		Yin Yoga \$ 9:00am-10:15am					
10:00am to 11:00am			Gentle Yoga \$ 10:15am-11:15am				
11:15am to 12:15pm							
4:15pm to 5:15pm	Vinyasa Flow Yoga \$ 4:15pm-5:15pm						
6:00pm to 7:00pm		Hatha Yoga Flow \$ 6:00pm-7:00pm		Power Yoga \$ 6:00pm-7:00pm			
7:00pm to 8:00pm	Core Pilates \$ 7:00pm-8:00pm						

For more information on these Specialty Programs, please visit our website at www.racentre.com.

Notes

(\$) The Specialty & Wellness Classes marked with (\$) require separate registration with Member Services.

Location



LifeFIT Studio



DOJO



West Gym

Work with a LifeFIT Personal Trainer*



Three-hour introductory package at the special price of \$145 *plus taxes.*

For information or to book your free consultation, contact the LifeFIT Centre personal trainers at 613-733-5100 (ext. 312).

Did you know?

Having a personal trainer has several advantages – trainers can provide motivation, professional expertise, and personalized attention; all key components of reaching your personal health and fitness goals. If you want to rehabilitate muscles, lose weight, get healthy and/or get stronger, hiring a personal trainer can be a step in the right direction.

Specialty Classes - Spring 2017

LifeFIT on Riverside Drive

The following **Specialty classes** require separate registration with Member Services.

Yoga Classes

Vinyasa Yoga Flow

Monday evenings 4:15 - 5:15pm

with Brenda Hamm

Join Brenda for this fabulous blend of strength and stretch, mind and body. They will guide you through a series of Yoga postures with a focus on body awareness to improve your balance, strength and flexibility while re-energizing from within.

SPRING Session (no class Apr. 17 & May 22)

Mon Apr 10 - June 19 4:15 - 5:15pm 9851

Fees:	LifeFIT member	\$ 53.00
	RA member	\$ 75.00
	Non-member	\$ 94.00



Yin Yoga

Tuesday mornings 9:00 - 10:15am

with Sylvie Paquette

Yin Yoga targets the deep tissues of the body (ligaments, joints, bones and the deep fascia) by stressing them differently through a variety of poses. All poses are done on the floor and include the hips, lower body and spine and are usually held 3-5 minutes in calmness and stillness. It is now well known that healthy and strong connective tissues are key to continued vitality and mobility.

SPRING Session

Tues Apr 11 - June 20 9:00 - 10:15am 9850

Fees:	LifeFIT member	\$ 64.00
	RA member	\$ 92.00
	Non-member	\$ 115.00

Hatha Yoga Flow

Tuesday evenings 6:00 - 7:00pm

with Jocelyne Campbell

The focus of hatha flow is on the coordination of the breath with both flowing movements and sustained poses. Continual movements (flow) help to fuel and loosen your muscles. Sustained poses (hatha) help to strengthen your muscles. You will gain greater stability, better alignment and increased core strength. The classes will provide you with a good physical work-out, as well as, a deep sense of relaxation.

SPRING Session

Tues Apr 11 - June 20 6:00 - 7:00pm 9849

Fees:	LifeFIT member	\$ 64.00
	RA member	\$ 92.00
	Non-member	\$ 115.00

Gentle Yoga

Wednesday mornings 10:15 - 11:15am

with Christine Déry

Gentle Yoga is a slower paced Yoga workout ideal for those wishing to develop awareness, flexibility & strength. This class uses gentle postures to rejuvenate the mind and body.

SPRING Session

Wed Apr 12 - June 21 10:15 - 11:15am 9847

Fees:	LifeFIT member	\$ 64.00
	RA member	\$ 92.00
	Non-member	\$ 115.00

Power Yoga

Thursday evenings 6:00 - 7:00pm

with Nancy Luitwieler

Power Yoga is a high energy workout that will make you sweat. A traditional Ashtanga practice, it follows the same series of poses with the option to flow through at a faster pace or to extend the holds.

SPRING Session

Thurs Apr 13 - June 22 6:00 - 7:00pm 9846

Fees:	LifeFIT member	\$ 64.00
	RA member	\$ 92.00
	Non-member	\$ 115.00

Pilates Class

Core Pilates

Monday evenings 7:00 - 8:00pm

with Brittany Schofield

This class will combine Pilates fundamentals, with an emphasis on core work, to tone, sculpt and lengthen your muscles. Core Pilates will allow everyone to develop proper alignment and increase flexibility. If you want to transform your body to one of lean muscle, flexibility, balance and strength this is the class for you. Beginners are welcome.

SPRING Session (no class Apr. 17 & May 22)

Mon Apr 10 - June 19 7:00 - 8:00pm 9840

Fees:	LifeFIT member	\$ 64.00
	RA member	\$ 92.00
	Non-member	\$ 115.00



RA Fieldhouse
Your Social HQ

Your pre & post social meeting place!

Open for Breakfast, Lunch & Dinner

Daily Food & Drink Specials | Sunday Buffet | Conveniently located at the RA Centre



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