



February 2012

LifeFIT Canada is the RA's Fitness and Wellness division, offering solutions for your total wellbeing. We are pleased to present over 30 GroupFIT and SpinFIT classes each week as well as specialty Yoga and Pilates classes to help you achieve your fitness goals. Let us help you keep fit, stay well and achieve your fitness goals!

LifeFIT Centre Hours

Monday to Friday: 6:00am to 10:00pm
 Saturday and Sunday: 6:00am to 8:00pm

Your LifeFIT Canada Team.

GroupFIT Classes at the RA

We offer a variety of GroupFIT classes that are fun, challenging and motivating. Each class offers unique and original choreography. Please note some classes may change due to instructor availability and room location.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 - 10:15am	Low Impact & Tone	FusionFIT	Step Basic	MuscleFIT	Low Impact & Tone	9:00 - 10:00am Zumba	
10:00 - 11:00am	Belly Dancing (10:30-11:30am)					FusionFIT	MuscleFIT Plus
10:30 - 11:30am	50+ Movement & Muscle	Strength & Stretch	50+ Movement & Muscle	Tai Chi FIT	50+ Movement & Muscle		
12:00 - 12:50pm	StepFIT	MuscleFIT	Zumba	FusionFIT	TriFIT		
5:30 - 6:30pm	TriFIT	Yoga	Cardio & Core	Zumba	Starting February 10th Buns'n Guns		

Class Descriptions:

50+ Movement & Muscle: Gentle low impact aerobics followed by muscle toning using various equipment.

Buns'n Guns: This class will help you strengthen and tone your buttocks, hips, legs and arms. This class combines easy to follow step intervals for the "buns" and resistance training for the "guns".

Cardio & Core: This class consists of easy to follow hi/low and athletic cardio moves combined with a core segment

FusionFIT: This class is a blend of traditional Yoga and Pilates movements that will improve skeletal posture, strengthen muscles and work the core.

Low Impact & Tone : A combination of low impact movements to improve cardiovascular fitness, stability and strength conditioning.

MuscleFIT & Plus: This is an easy to follow low impact warm-up and total body strength conditioning. This class includes a variety of equipment. The Plus class will incorporate cardio intervals.

Step Basic: Get back to the basics! Enjoy this steady workout on the step with simple combinations and compound toning exercises for a total body workout.

StepFIT: This class emphasizes progressive step choreography to challenge the body and mind. A solid cardio workout and power movements enhance the intensity.

Strength & Stretch: This class will focus on strength and stability. Participants will learn different exercises and postures using light weights and the exercise ball. Gentle stretching will complete this total body workout. Options for making exercises easier or more difficult will be provided.

TaiChi FIT: A special blend of slow moving meditation and dance like moves. This low impact class can help both balance and coordination. Enjoy this stress reducing class with exercises for all ages.

TriFIT: An action-packed workout combination of low impact, STEP cardio and effective strength training segments to a TriFIT challenge. (Bars, bands, hand weights and STEPs may be used.)

Yoga: This is an ideal class for those wishing to develop awareness, flexibility and strength while introducing you to the benefits of Yoga.

Zumba: An hour long class for those who just want to have fun! This Latin infused cardio class is fun and easy to follow. It's a dance party!

SpinFIT Classes

Regular SpinFIT classes are included in the FULL LifeFIT membership options. Members who do not have a Full LifeFIT membership and wish to participate in the regular classes can purchase a SpinFIT card with Member Services. To reserve your bike call the LifeFIT Staff at 613-733-5100 ext. 312. Bikes can be reserved up to one week ahead. Bring a water bottle and towel and enjoy the ride.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:15am	SpinFIT 45		SpinFIT 45		SpinFIT 45		
9:00 - 10:00am						New time SpinFIT 60 (9:00-10:00am)	New time SpinFIT 60 (9:00-10:00am)
9:30 - 10:15am	SpinFIT 45		SpinFIT 45		SpinFIT 45		
10:30 - 11:15am	SpinFIT 45		SpinFIT 45				
5:30 - 6:15pm	SpinFIT 45	SpinFIT 45	SpinFIT 45	SpinFIT 45			

**Not A Member?
SpinFIT Cards are available**

SpinFIT Cards
Purchase a SpinFIT card at the East Wing Member Services desk.

SpinFIT - 10 class card
LifeFIT Member \$ 69
RA Member \$ 99
Non-member \$124

Specialty Fitness

The following classes are part of our GroupFIT Schedule. All LifeFIT Members can participate in these classes as part of their membership.

Non-members can register separately with Member Services. Although the winter sessions of classes are underway, registration will still be accepted and fees will be pro-rated.

Zumba

Wednesdays, Thursdays & Saturdays
Everyone can enjoy this Latin infused cardio fitness class! Zumba is a combination of great music and dance moves. You do not need to know how to dance and the more you move the more calories you burn. It is easy and fun for all levels. Join the party!

WINTER Sessions
Wed Jan 11 - Mar 28 12:00 - 12:50pm
Thur Jan 12 - Mar 29 5:30 - 6:30pm
Sat Jan 14 - Mar 31 9:00 - 10:00am

Fees: RA member \$ 99
Non-member \$ 124

Belly Dance for Fitness with Jalilah

Join Jalilah for this terrific cardio workout while toning your abs! Focus on core strength and proper body alignment. Learn the basic movements and combinations put together into easy routines. Appropriate for all fitness levels.

WINTER Sessions
Mon Jan 09 - Mar 26 10:30 - 11:30am

Fees: LifeFIT member Free
Fifty Plus Club member \$ 89
RA member \$119
Non-member \$144

FusionFIT with Christine Déry

This class is a special blend of fitness conditioning that combines Yoga and Pilates. Integrate mind-body awareness while working on strength, balance and flexibility.

WINTER Sessions
Tues Jan 10 - Mar 27 9:15 - 10:15am
Thur Jan 12 - Mar 29 12:00 - 12:50pm
Sat Jan 14 - Mar 31 10:00 - 11:00am

Fees: RA member \$ 99
Non-member \$ 124



50+ Movement & Muscle with Louise McGoey

Gentle low impact aerobics with balance training.

WINTER Session
Mon Jan 09 - Mar 26 10:30 - 11:30am

Fees: Fifty Plus Club member \$ 89
RA member \$119
Non-member \$144

Strength & Stretch with Christine Déry

This class will focus on strength and stability. Participants will learn different exercises and postures using light weights and the exercise ball. Gentle stretching will complete this total body workout. Options for making exercises easier or more difficult will be provided.

WINTER Session
Tues Jan 10 - Mar 27 10:30 - 11:30am

Fees: Fifty Plus Club member \$ 89
RA member \$119
Non-member \$144

50+ Movement & Muscle with Madeleine Licari

Gentle low impact aerobics with muscle toning using bands & tubes.

WINTER Session
Wed Jan 11 - Mar 28 10:30 - 11:30am
Fri Jan 13 - Mar 30 10:30 - 11:30am

Fees: Fifty Plus Club member \$ 89
RA member \$119
Non-member \$144

Tai Chi FIT with Hiromi MacPhail

This special class will focus on Tai Chi fitness. Enjoy a gentle way to tone and strengthen your body as well as improve concentration, coordination and balance. Class will progress throughout a series of movements.

WINTER Session
Thurs Jan 12 - Mar 29 10:30 - 11:30am

Fees: Fifty Plus Club member \$ 89
RA member \$119
Non-member \$144

Although the following Yoga & Pilates classes are underway, registration will be still be accepted.
Mid-session registrations will be pro-rated.

Yoga

Gentle Yoga

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.

WINTER Session

Wed Jan 11 - Mar 28 10:00 - 11:00am

Fees:	LifeFIT member	\$ 89
	Fifty Plus Club member	\$ 89
	RA member	\$ 119
	non-member	\$ 144

Yoga Basic & Beyond

A classic approach that blends strength and flexibility to cultivate physical balance and spiritual nourishment. This class is a great way to begin your yoga practice and restore your energy.

WINTER Sessions

Tues Jan 10 - Mar 27 6:30 - 7:30pm

Tues Jan 10 - Mar 27 7:45 - 8:45pm

Sat* Jan 14 - Mar 31 8:30 - 9:45am

Fees:	LifeFIT member	\$ 89
	RA member	\$ 119
	Non-member	\$ 144

*The Saturday morning class is open to family & youth registrations. The family fee includes one parent & one youth (ages 8 & up).

Family fee:	LifeFIT member	\$ 99
	RA member	\$ 129
	Non-member	\$ 154

Power Yoga

Find your strength in Power Yoga! Using power sun salutations as its foundation, this class is intended to cultivate strength, mindfulness and a little fun! Classes are varied and offer lots of options and challenges to build overall strength and improve flexibility. All students will find something to challenge them, regardless of previous yoga experience.

WINTER Session

Mon Jan 09 - Mar 26 7:00 - 8:15pm

Fees:	LifeFIT member	\$ 89
	RA member	\$ 119
	Non-member	\$ 144

Kundalini Yoga

This program is taught by Shirley King. Kundalini Yoga will help to release tension and increase vitality by incorporating yoga postures, dynamic breathing techniques, chanting, meditation and mantra.

WINTER Session

Tues Jan 10 - Mar 27 6:00 - 7:30pm

Fees:	LifeFIT member	\$ 99
	RA member	\$ 129
	Non-member	\$ 154

Pilates

Gentle Pilates

Gentle Pilates is a slower paced Pilates workout ideal for those working with back pain, arthritis, osteoporosis or injury rehabilitation. Learn to strengthen your core muscles and improve general body mechanics.

WINTER Session

Tues Jan 10 - Mar 27 10:00 - 11:00am

Fees:	LifeFIT member	\$ 89
	Fifty Plus Club member	\$ 89
	RA member	\$ 119
	non-member	\$ 144

Basic Pilates

Pilates is a series of controlled movements designed to strengthen and streamline your body. Focus on proper form and breathing techniques that will stabilize the muscles in your core, lower back and abs.

WINTER Session

Wed Jan 11 - Mar 28 7:00 - 8:00pm

Fees:	LifeFIT member	\$ 89
	RA member	\$ 119
	Non-member	\$ 144

Advanced Pilates

Taught by Pam Forth internationally recognized human movement specialist. Pam has studied osteopathy under Guy Voyer DO. Her class will help to increase body awareness and strength as you move past the basic Pilates exercises.

WINTER Session

Thurs Jan 12 - Mar 29 9:30 - 10:30am

Fees:	LifeFIT member	\$ 99
	RA member	\$ 129
	Non-member	\$ 154

Join the Morning Maniacs!

Morning Maniacs Boot Camp

Enjoy cardio, strength and agility exercises, core work and flexibility training. Includes nutritional handouts and goal setting support. Train once or twice per week. Make the commitment and do it for you!



WINTER Sessions

Tues Jan 10 - Mar 27 6:30 - 7:30am

Thurs Jan 12 - Mar 29 6:30 - 7:30am

Tues & Thurs (2 days/week)

Fees: 1 day/week	Fees: 2 days/week
LifeFIT member \$ 89	LifeFIT member \$133
RA member \$119	RA member \$178
non-member \$144	non-member \$203



LifeFIT Open House Week February 13-19, 2012

Bring your friends and family - It's Free!

From **Monday February 13th to Sunday February 19th**, we invite everyone to join us in the LifeFIT Centre and participate in classes as we celebrate Health & Fitness Week at the RA!

What better time than smack dab in the middle of Heart Month!

Our week is packed with programs and classes that profile the expertise of our talented personal trainers and fantastic GroupFIT and SpinFIT instructors. Starting Monday February 13th, it's your opportunity to bring friends and family to experience all that LifeFIT has to offer.

Please check with the LifeFIT staff for details.

Enter the draw for fabulous prizes...

Each day that you workout you'll earn a draw ticket for one of our fabulous daily prizes or, you might be the lucky person to win the grand prize - a one-year membership to the Club!

Don't forget about our Personal Training Offer... The sale has been extended until February 19th.

**Our Gift
to you...**



\$25 Personal Training Gift Certificate

As an RA member, here is a gift to help you get started.

The RA's Personal Training Gift Certificate, valid until February 19, 2012, can be used towards the purchase of a package of 4 or more sessions. Present this certificate to your LifeFIT trainer when you purchase your personal training package.

One certificate per person. New personal training clients only. Valid on the purchase of 4 or more sessions.

Valid for the purchase of personal training sessions at any LifeFIT location.

Offer extended! Now valid until February 19, 2012. No cash value.



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