



GroupFIT and Specialty Classes September 8 to December 11 (inclusive)

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 a.m. to 10:00 a.m.	Breast Cancer Action*	PilatesFIT (9:30-10:30am)	Breast Cancer Action*	Urban Pole Walking* (9:30-10:30am)	5K Club (7:00-8:00am) <hr/> Breast Cancer Action*
12:10 p.m. to 12:50 p.m.	Cardio Boot Camp	FusionFIT	Basic Step & Abs	WOW	Low Interval
1:00 p.m. to 2:00 p.m.				Breast Cancer Action* Yoga (private class)	
6:00 p.m. to 7:00 p.m.	Muscle Fusion			*Beach Body Boxing (6:00-7:00pm)	
7:00 p.m. to 8:00 p.m.	GolfFIT*		YogaFIT	*Beach Body Boxing (7:15-8:15pm)	

FEES: Regular classes are free for LifeFIT Canada members.
Classes with (*) require registration.

Specialty Class Card

You want to participate in classes, but you're not a member.....

You can purchase a **Specialty Class Card** to attend all of our regular classes.

Please contact the LifeFIT Canada staff in the Centre, on duty Monday to Friday. Payment by cheque or credit card is available.

We look forward to seeing you in class!

Specialty Class Card – 10 classes

RA Member \$ 60.00 (tax incl.) Non-member \$ 85.00 (tax incl.)

Muscle Fusion: This class focuses on strengthening all the major muscle groups, on improving your musculature and overall performance for functional movement. The class will use the hand weights, body bars, tubing and FIT balls.

Low Interval: A combination of low impact movement and traditional stretching. Interval strength and abdominal work as well as the FITball may be included.

WOW (Women on Weights): Join this program to learn proper lifting techniques and empower yourself with the knowledge of strength, cardiovascular activity, weight loss and more.

PilatesFIT: Learn the fundamental skills of the Pilates system. Work on core awareness, strength and flexibility with the goal of developing a uniformly balanced body. This course welcomes new students as well as beginners.

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

Basic Step & Abs: A great cardio burner! This class is cardio training on the step followed by some upper and lower body strengthening.

Cardio Boot Camp: This class consists of a warm up, cardio, strength and endurance exercises.

YogaFIT: This Yoga class that blends strength and flexibility. A great way to introduce posture basics, breathing techniques and the benefits of a regular Yoga practice.

***Breast Cancer Action** - Private class, the studio is not available for members during this time period.

5K Club: Join our running group and train alongside the beautiful Rideau River.

New

Urban Pole Walking

with Patricia MacNeil!

Join us for this terrific low impact sport! Let Patricia, registered massage therapist, guide through our beautiful paths with Urban Pole walking. This class includes personalized postural correction exercises, handouts on technique and fitness related topics

Thursdays Sept. 17 to Nov. 5
9:30 to 10:30 a.m.

Fee:	LifeFIT member	\$ 89
	RA member	\$119
	non-member	\$144

GolfFIT

Benefit from increased strength and flexibility and improve your performance on the course. Join this sport specific program to help reduce the risk of injury, improve your range of motion and body awareness. Hollie Clayton, certified Strength Trainer, will show you how to meet the demands of the game and lower your handicap.

Mondays Sept. 14 to Nov. 9
7:15 - 8:15 9.m.

Fee:	LifeFIT member	\$ 89
	RA member	\$119
	non-member	\$144