



June 21 to September 10 (incl.)

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 a.m. to 10:00 a.m.		PilatesFIT (9:30-10:30am)			
12:10 p.m. to 12:50 p.m.	Boot Camp Basics		TennisFIT	Target Training	FusionFIT
6:00 p.m. to 7:00 p.m.				Beach Body Boxing (*) (6:00-7:00pm)	
7:00 p.m. to 8:00 p.m.	GolfFIT (*) (7:15 to 8:15pm)			Beach Body Boxing (*) (7:15-8:15pm)	

(*) These classes are Specialty Classes and require separate registration as they are not part of the GroupFIT Schedule: GolfFIT and Beach Body Boxing.

TennisFIT A sports specific approach to improve your endurance, power and precision on the court. TennisFIT is designed with the tennis player in mind. This class will be a balance of aerobic, anaerobic, agility training and injury prevention.

Target training: Each week your LifeFIT trainer will target a different muscle group using the equipment in the centre. The focus will be on understanding the function, body mechanics and execution of each exercise.

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.

Boot Camp Basics: This high energy class is a combination of basic strength training, aerobic conditioning + flexibility training in a circuit format.

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!

Specialty Class Card – 10 classes

Hours of Operation:

Monday to Friday: 6:30 a.m. to 8:30 p.m. and Sat & Sun. 8:00 a.m. to 6:00 p.m.

LifeFIT Canada Staff are on site:

Mondays, Wednesdays and Fridays from 6:30 a.m. to 1:30 p.m.

Tuesdays from 3:00 p.m. to 7:00 p.m.

Thursdays from 11:00 a.m. to 3:00 p.m.

and Monday & Thursday evenings from 4:00 p.m. to 7:00 p.m.

Specialty Classes

GolfFIT

with **Hollie Clayton**

Off-season training for Golfers.

GolfFIT with Hollie Clayton is a sport specific program endorsed by CPGA Champions Graham Gunn and Dave Clayton.

The fitness sessions include strengthening the back, core and upper body. A focus on stretching to obtain optimal flexibility for a proper swing is also included.

Mondays July 5 to August 30 (No class Aug. 2)
7:15 - 8:15 p.m.

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

Beach Body Boxing

with **Geoff Griplas**

A fun, high energy workout based on the exercises boxers use to keep fit. Everyone of any fitness level can participate in this non-contact program.

Thursdays July 8 to August 26
6:00 - 7:00 p.m.
OR 7:15 - 8:15 p.m.

Fee: LifeFIT member \$ 89 1 class/week 2 class/week
RA member \$119 \$149
non-member \$144 \$174