



LifeFIT at the Rideau Tennis Club

GroupFIT - Winter 2012

Enjoy the benefits of participating in GroupFIT classes. We offer a variety of classes for all levels. Each class offers unique and original choreography. Classes requiring separate registration are highlighted in grey.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am to 10:00am	Breast Cancer Action (private class)		Breast Cancer Action (private class)		Breast Cancer Action (private class)	YogaFIT
9:30am to 10:30am		PilatesFIT		Zumba		
12:00pm to 12:45pm	Cardio Interval		MuscleFIT		Special Trial Class from Jan 27 to Feb 24th TriFIT	
1:00pm to 2:00pm				Breast Cancer Action Yoga (private class)		

Please note that not all classes are offered every season and that some classes may change due to instructor availability.

Class Descriptions:

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.

MuscleFIT: An easy to follow low impact warm up and total body strength conditioning.

Zumba: 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!

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

YogaFIT: This class is a great way to begin your yoga practice and restore your energy.

Breast Cancer Action - This is a private class, the studio is not available for members during this time period.

GroupFIT Class Card

You want to participate in classes, but you're not a member.....
You can purchase a GroupFIT Class Card to attend regular classes.
Please contact the LifeFIT Canada staff member on duty in the Centre.

GroupFIT Class Card – 10 classes

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

Classes highlighted in grey require separate registration

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:

Monday, Wednesday & Friday: 8:30 a.m. to 1:30 p.m.
Tuesday & Thursday: 8:00 a.m. to 11:00 p.m.
Monday and Thursday evenings: 4:00 p.m. to 7:00 p.m.

LifeFIT Centre at the Rideau Tennis Club

Whatever your age or your fitness goals, you will find the LifeFIT Centre at the Rideau Tennis Club a welcome haven for both body and spirit. Our fitness area includes resistance-training equipment, free weights, stretching area and cardiovascular equipment. A variety of GroupFIT classes, workshops and specialty programming are also offered in the LifeFIT studio. Staff are on site at peak hours throughout the day. The centre is located inside the Rideau Tennis Club at 1 Donald Street, right off of the Vanier Parkway.

The centre's operating hours are: Monday to Friday 6:30 a.m. to 8:00 p.m.
 Saturday and Sunday 8:00 a.m. to 6:00 p.m.

LifeFIT at the Rideau - Full Membership Option

LifeFIT at the Rideau FULL Members have access to the LifeFIT Centre at the Rideau Tennis Club, can take advantage of a one-on-one orientation with a LifeFIT trainer, can participate in all GroupFIT classes on the LifeFIT at the Rideau schedule and can enjoy the RTC's outdoor swimming pool. In addition they will receive preferred prices for Specialty classes and SpinFIT classes held at the RA Centre or the Rideau Tennis Club.

LifeFIT at the Rideau - Adult, Senior & Student FULL membership

Annual fee:	\$299	RA member
	\$180	Rideau Tennis Club members



Other Membership Options

The club also offers other membership categories: Family, short-term and corporate memberships. For information visit the website at www.rideautennisclub.com or call us at 613-749-6126.

GroupFIT Classes

LifeFIT at the Rideau members can participate in all GroupFIT classes as part of their membership. Tennis club members, RA members and non-members may register separately for the GroupFIT classes or may purchase a GroupFIT 10-class card. Please speak to the trainer in the Centre for details.

Saturday YogaFIT

This class is a great way to begin your yoga practice and restore your energy.

Winter Session
 Sat Jan 14 to Mar 31 9:00 - 10:00am

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

PilatesFIT

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

Winter Session
 Tues Jan 10 to Mar 27 9:30 - 10:30am

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

Zumba

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 Session
 Thurs Jan 12 to Mar 29 9:30 to 10:30am

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

