



# LifeFIT at the Rideau Tennis Club

## GroupFIT - Starting September 6, 2011 - no class Saturday September 3rd and Monday September 5th.

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 Starts Sept. 12 (private class)		Breast Cancer Action Starts Sept. 14 (private class)		Breast Cancer Action Starts Sept. 16 (private class)	YogaFIT
9:30am to 10:30am		PilatesFIT		Zumba		
12:00pm to 12:45pm	Cardio Interval		MuscleFIT			
1:00pm to 2:00pm				Breast Cancer Action Yoga Starts Sept. 15 (private class)		
6:00pm to 7:00pm		Knockout Fitness (Starts Sept. 13)		Knockout Fitness (Starts Sept. 15)		

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](http://www.rideautennisclub.com) or call us at 613-749-6126.

## GroupFIT Classes

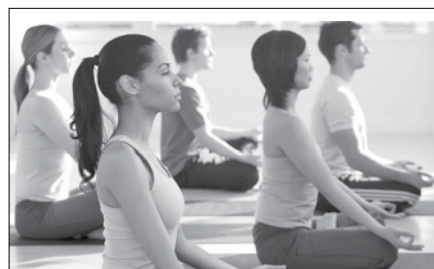
LifeFIT at the Rideau members can participate in all GroupFIT classes as part of their membership. Tennis club members, RA members and non-members may register separately for the GroupFIT classes or may purchase a GroupFIT 10-class card. Please speak to the trainer in the Centre for details.

### Saturday YogaFIT

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

FALL Session (no class Sat, Oct 8)   
 Sat Sept 17 to Dec 10 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.

FALL Session   
 Tues Sep 13 - Nov 29 9:30 - 10:30am

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



## Add some **Punch** to your fitness routine!



### Knockout Fitness

*Hosted by the National Capital Boxing Club*

This 12 week session is a safe, fun and effective form of exercise and one of the best ways of cross training. This class consists of light contact and includes MMA training techniques. Lose body fat and increase your overall fitness including hand eye coordination, balance and timing. Suitable for men and women of any age. \*Equipment available for first time users. Gloves are required and can be purchased.

FALL Sessions			
Tues	Sep 13 - Nov 29	6:00 - 7:00pm	3381
Thurs	Sep 15 - Dec 01	6:00 - 7:00pm	3382
Tues & Thurs	(2 days/week)	6:00 - 7:00pm	3383

Fees:

<b>1 day /week</b>		<b>2 days/week</b>	
LifeFIT member	\$ 89	LifeFIT member	\$133
RA member	\$119	RA member	\$178
non-member	\$144	non-member	\$203

## 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!

FALL Session   
 Thurs Sep 15 - Dec 01 9:30 to 10:30am

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

