











Summer 2022 Schedule

July 4 to September 4, 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00am to 10:00am	MuscleFIT	Guest Instructor	Cardio Tone	BodyFIT	CoreFIT 		
9:30am to 10:30am						Bamboo Barre	
10:30am to 11:30am	FusionFIT 	Tai Chi 	CoreFIT 	Tai Chi 			
12:00pm to 12:50pm						AquaFIT 	
5:00pm to 6:00pm	AquaFIT 		AquaFIT 				

* In case of inclement weather AquaFIT classes will be moved indoors to the LifeFIT Studio

Location

LifeFIT Studio	West Gym	Outdoor Pool
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Heart Wise Exercises

Heart Wise Exercise works with fitness providers in your community to develop and identify programs and classes that are appropriate for people who want to stay healthy or who may be living with a chronic health condition.

Guest Instructor Class Schedule

(Tuesday, 9 - 10 am)

Date	Class
July 4	MuscleFIT
July 12	Bamboo Barre
July 19	Bamboo Barre
July 26	FusionFIT
August 2	Bamboo Barre
August 9	Body Strength System
August 16	Zumba
August 23	CoreFIT
August 30	Drums Alive

Summer Fitness Memberships Available!
See Reverse for details

Class Descriptions

AquaFIT

This multi-level workout offers both cardiovascular and muscle conditioning using the water as gentle resistance. It is designed to enhance your muscle and joint movement, capacity for strength and endurance, range of motion and flexibility. In case of inclement weather classes will be moved indoors to the LifeFIT Studio.

Bamboo Barre

This is a high energy, low impact class that fuses together a variety of exercises and poses which improve posture, strength, flexibility and balance.

Cardio Tone

A workout that offers a mix of cardio and strength for a total body workout. Look for easy-to-follow choreography and low impact movements as well as strength training that incorporates body weight and resistance equipment.

CoreFIT

This class will help you strengthen your abdominals, back, shoulders, hips and legs, as well as improve posture, flexibility and balance.

FusionFIT

This relaxing mind and body class takes from a few disciplines (Yoga, Pilates) and is designed to improve posture, muscular strength and flexibility as well as overall wellbeing. No experience necessary.

Guest Instructor

Each week is different as we welcome a variety of instructors in to teach. Look for everything from Zumba to Bamboo Barre to Core strength

MuscleFIT

A full body workout to build strength and lean muscle!

Tai Chi

This class offers a gentle way to tone and strengthen your body as well as improve concentration, coordination and balance.

Pool Information

Pool Access is included in your LifeFIT Membership.

Pool open Monday, June 27 to Sunday, August 28, 2022

**The RA is closed July 1 and operating on reduced hours*

August 1



Summer Fitness Feel Great! Join Today!

Summer Fitness Membership includes:
LifeFIT, GroupFIT, AquaFIT & Outdoor Pool
Summer season: May 1 to August 31, 2022

Adult/Senior - \$149 (Member & Non-member)

Student - \$99 (Member & Non-member)

** Students who are 14-25 years of age and registered as a full time student in high school, college or university are eligible for this membership. All 14 & 15 year old members must have parental consent and complete the required orientation with a LifeFIT Centre trainer.*

