

Schedule of Classes: September 2010

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00					Interval Step aerobics 8:00-9:00am Martha		
8:30	Ball Cardio 8:30-9:30	Step Aerobics 8:30 - 9:30am Martha		Cardio Blast 8:30 - 9:30am Martha	Ball Cardio 9:15-10:15		
9:00	Aquacize/Pool 8:45 - 9:30am Jane		Aquacize/Pool 8:45 - 9:30am Martha				
9:30		Stretch & Tone 9:30 - 10:15am Martha		Stretch & Tone 9:30 - 10:15am Martha	Aquacize/Pool 9:45 - 10:30am Jane		Yoga/Jane 10:00-11:00am
10:00	Aquacize/Pool 9:45 - 10:30am Jane		Aquacize/Pool 9:45 - 10:30am Jane				
11:00			Yoga/Beverly 10:45-11:45am NSR		Yoga/Beverly 10:45-11:45am		Pickleball/ Badminton 10:30
12:00							
1:00							
2:00							
3:00							
4:00							
5:00				Pickle ball/ Badminton 5:00-6:30pm MPR			
5:30	Pilates/Beverly 5:30 - 6:30pm NSR	Pickle ball/ Badminton 5:00-6:30pm MPR	Pilates/Beverly 5:30 - 6:30pm NSR (bi-weekly)	Yoga/Beverly 5:30 - 6:30pm NSR			
6:00			Drop In Bridge 6:15-8:45				
6:30							

“Nuvia Fitness”

A fitness program that can be personalized to each member to help reach their health and fitness goals.

This is done with the help of fitness experts who will complete a thorough assessment & they will be able to estimate how long it will take to reach your goals. They will be there to support, motivate and guide you.

For current Fairwinds Centre members, the assessment is complimentary.

For new Members, it will be included in your membership for a short time period.

Call the Centre for details!
250-468-5303

Pilates at Fairwinds Centre

Classes continue weekly on Mondays & bi-weekly on Wednesdays
5:30-6:30 pm
September 1, 15 & 29

Centre Hours

Mon ~ Wed 7:30am ~ 9:00pm
Thurs & Fri 7:30am ~ 8:00pm
Saturday & Sunday 9:00am ~ 5:00 pm
Holidays 9:00—5:00pm
Phone: 250.468.5303

No classes on Holidays

http://www.fairwinds.ca/fairwinds_centre.htm
<http://www.fairwinds.ca>

Brand New 2010 Rates

3 Month Membership Introduced &
Lowered Prices for ALL Fitness Program Classes
No increase in 2010 Membership Rates

Yoga

Wednesday & Friday 10:45am ~ 11:45am with Beverly
Thursday 5:30pm ~ 6:30 with Beverly
Sundays 10am ~ 11am with Jane

Yoga classes are held 4 times a week now.

Please bring your own mat.

Members & Non Members drop in or punch cards available

Pilates Evening Classes

Monday 5:30 ~ 6:30pm, with Beverly

Please bring your own mat & exercise ball to class.

Members & Non Members drop in or punch cards available

Stretch & Tone

Tuesday & Thursday, 9:30 ~ 10.15am, with Martha

This very popular class will allow you to work at your own level increasing your core
Strength and improving your balance and flexibility

Non-members drop in or punch card use

****Free for members****

Aerobics

Tuesday and Thursday, 8:30 ~ 9.30am, with Martha

Martha Peters brings tons of fun to this class and tailors to all levels. This low impact class is great for all
levels and is sure to have a high impact on the rest of your day!

Non-members drop in or punch card use

****Free for members****

Ball Cardio Bounce

Monday, 8:30 ~ 9:30 & Friday 9:15 ~ 10:15, with Judie

Full body workout, all done while bouncing on a ball! Done to great music, lots of fun & lots of laughs.
Great for all fitness levels.

Members & Non Members drop in for punch cards available.

Aquacize

Monday, 8:45 ~ 9:30 am & 9:45 ~ 10:30 am with Jane

Wednesday, 8:45 ~ 9:30 am with Martha & 9:45 ~ 10:30 am with Jane

Friday, 9:45 ~ 10:30 with Jane

Get fit while having fun in the water. Aquacize is easy on the body and is great for all fitness levels.

Please sign up at the desk to reserve your space

****Members only****

Interval Step Class

Friday, 8:00 ~ 9:00, with Martha Peters

This energetic class alternates short intervals of cardiovascular training with upper and lower body
conditioning. This cross-training format is both fun and challenging to your endurance. We will be using
steps in this class. Come on, take the challenge!!

Non-members drop in or punch card use

****Free for members****

For online version check out:

<http://www.fairwinds.ca> http://www.fairwinds.ca/fairwinds_centre.htm

