

Personal Training

Need a motivator to get in shape?

Chris or Martha will work with you to create a specific program that fits into your daily routine.
Contact the front desk.

Pilates Evening classes

Monday & Wednesday, 5:30~6:30pm, with Beverly Collins

Please call to reserve your space. Please bring your own mat & exercise ball to class.
Members \$80 for 10 class-punch card, \$10 drop in
Non Members \$120 for 10 class-punch card, \$14 drop in

Stretch & Tone

Tuesday and Thursday, 9:30~10.15am, with Martha Peters

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 Peters

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****

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****

FAIRWINDS

Aquacize

With Martha Peters and Jane Riley

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

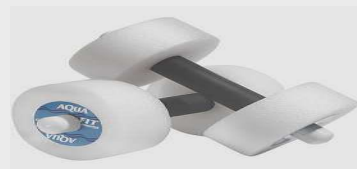
Wednesday, 8:45 ~ 9:30, with Martha, & 9:45 ~ 10:30, with Jane

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 ****



For online version check out:

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