

Fairwinds Fitness



Featured Classes

Spinning Classes — If you are interested in burning calories, improving your fitness and having fun, then spinning is for you. It is an amazing, low-impact workout that appeals to individuals of all fitness levels.

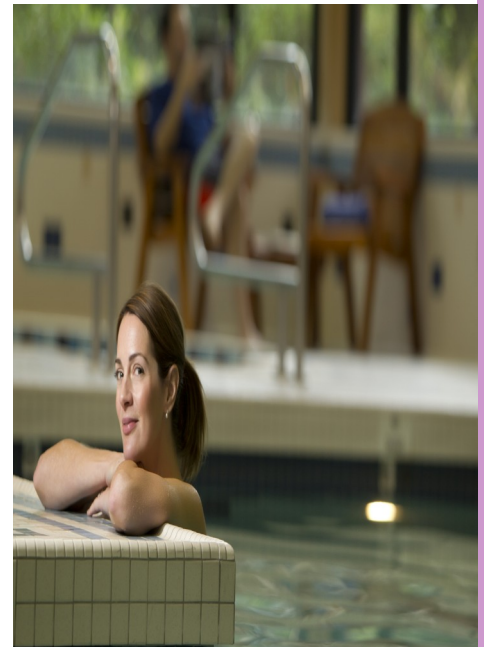
Monday 2:30-3:30 with Keara

Wednesday & Friday 9:45 - 10:45am with Brett

GolfFit - a strength and conditioning circuit class focused on golf specific muscles and movements. It will also include some golf instruction utilizing video swing-analysis and an indoor hitting area. The one-hour class will be on Tuesdays and Thursdays at 11am. Classes are free for anyone who holds both a 2012 Fairwinds Golf Club membership or Annual Pass and a Fairwinds Centre membership.

****UNIVERSAL CLASS PASSES NOW AVAILABLE****

Please inquire about pricing details for classes at Fairwinds Centre Front Desk 250.468.5303



Schedule of Classes - May 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30	Ball Cardio 8:30 - 9:30 MPR	Step Aerobics 8:30 - 9:30 MPR	Ball Cardio 8:30-9:30 MPR	Cardio Blast 8:30-9:30 MPR	Interval Step Aerobics 8:30-9:30 MPR		
9:00	Aquacize 8:45-9:30		Aquacize 8:45-9:30		Aquacize 8:45-9:30		
9:30	Aquacize 9:45-10:30	Stretch & Tone 9:30-10:15 MPR	Aquacize 9:45-10:30	Stretch & Tone 9:30-10:15 MPR	Aquacize 9:45-10:30	Circuit Class 9:30-10:30	
10:00							
10:30			Spin Class MPR 9:45-10:45		Spin Class MPR 9:45-10:45		
10:45			Yoga 10:45-11:45 NSR		Yoga 10:45-11:45 NSR		Yoga 10:45-11:45 NSR
11:00	Zumba 11:00-12:00 MPR	Golffit 11:00-12:00 MPR	Zumba 11:00-12:00 MPR	Golffit 11:00-12:00 MPR			
11:30							
2:00	Spin Class MPR 2:30-3:30						
4:00							
5:00	Pickleball 5:00-6:30 MPR			Pickleball 5:00-6:30 MPR	Beginner Pickleball 5:00-7:00 MPR		
6:00				Yoga 5:30-6:30 NSR			
7:00		Badminton					

MPR: Multi Purpose Room

NSR: Neil Scott Room

Fairwinds Fitness Centre

Centre Hours

Monday - Wednesday	7:30 - 9:00pm
Thursday - Friday	7:30 - 8:00pm
Saturday & Sunday	9:00 - 5:00pm
Holidays	9:00 - 5:00pm

Phone: 250-468-5303

Email: fwcentre@fairwinds.ca

May 21st 2012—Victoria Day

9:00 - 5:00pm—No classes

Description of Classes

(see reverse side for schedule)

Aquacize - **Members Only**

Work out and have fun in the water. Aquacize is easy on the body and great for all fitness levels. Please sign up at the desk to reserve your space.

Monday

8:45-9:30am with Tomas

9:45-10:30am with Judie

Wednesday

8:45 - 9:30am with Martha

9:45 - 10:30am with Judie

Friday

8:45—9:30 with Tomas

9:45 - 10:30am with Judie

Nuvia Fitness

A fitness program personalized to help you reach your health and fitness goals. Our fitness expert will give you a complete fitness assessment and estimate how long it will take for you to reach your goals. They will be there to support, motivate and guide you. Fitness Assessment (a \$99 value) is included in your membership. Call the Centre for details.250-468-5303.

Ball Cardio Bounce

Get a full-body workout while bouncing on a ball! This class is great for all fitness levels. It is a fun workout that includes great music and a lot of fun and laughs. Drop in's and punch cards available.

Yoga

Improve your flexibility and balance while you relax in this stress-free environment. Classes are held four times a week. Please bring your own mat. Drop in's and punch cards available.

Zumba

It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party

Mondays at 11am—12pm with Silvia Knapp

Wednesdays at 11am – 12pm With Carolyn Hancox

Drop in's and punch cards available.

Step Aerobics - **Free For Members**

Come prepared to sweat! This high-energy class gives you non-stop cardio on the step. Martha will motivate you and get your heart pumping.

Cardio Blast - **Free For Members**

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

Interval Step Class - **Free For Members**

This energetic class alternates short intervals of cardiovascular training with upper and lower body conditioning. The cross-training format is fun and is a good challenge for your endurance. Steps will be used in this class.

Stretch & Tone - **Free For Members**

This popular class will allow you to work at your own level, increase your core strength and improve your balance and flexibility. Non-members can drop in or purchase a punch card.

Universal Class Punch Card now available

Members

\$70.00 for 10 punches — \$100.00 for 20 punches

Non-members

\$95.00 for 10 punches — \$145.00 for 20 punches



www.fairwinds.ca