



FAIRWINDS
WELLNESS CLUB

☎ 250-468-5303
✉ fwcentre@fairwinds.ca

October

Monday - Friday 7:00 am - 8:30pm
Saturday & Sunday 9:00 am - 4:30 pm
Monday October 12th* 9:00 am - 4:30 pm
*No Classes

We have revised our check-in procedures to improve the safety of our Members and Staff

- Swimmers can help themselves to the keys from the key box. They will be disinfected and returned to the box for the next user
- Please put your membership cards in the card holder that is beside the key box when you arrive. We will check you in and you will find your card at the other side of the desk with you leave

NEW AND RETURNING classes as of October 13th!! ★ Tai Chi ★ Strong for Life ★ Pilates ★ Yoga ★ 2nd Spin

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STEP AEROBICS 8:30-9:30	SPIN 8:45-9:45	CLUB CARDIO 8:30-9:30	INTERVAL STEP AEROBICS 8:30-9:30		
AQUACIZE 9:00-9:45		AQUA ZUMBA 9:00-9:45		AQUACIZE 9:00-9:45		
STRONG FOR LIFE 9:30-10:30	STRETCH & TONE 9:45 - 10:45	PILATES 9:15-10:15	STRETCH & TONE 9:45 - 10:45	SPIN 9:45-10:45		
TAI CHI 4:00-5:00			Try Aquazumba for FREE on October 7th and 14th! Come see how much fun it is and learn a different way to work those muscles!			
	YIN (Gentle) YOGA 5:00-6:00					

Pool Schedule for Guests

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:30am-1:30pm	11:30am-1:30pm	11:30am-1:30pm	11:30am-1:30pm	11:30am-1:30pm		
3:00pm-7:00pm	3:00pm-7:00pm	3:00pm-7:00pm	3:00pm-7:00pm	3:00pm-7:00pm	2:00pm-4:00pm	2:00pm-4:00pm

- ◆ Member must call in advance, no earlier than 4 hours prior to time they want to bring their guests in
 - ◆ Limited to 2 guests per couple/member
 - ◆ Access is based on space in the pool at the time
- ◆ Members may be asked to share a lane with their guests
- ◆ Please respect the other Members in the pool

Weight Room Schedule for Guests

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1:00 pm-4:00 pm	1:00 pm-4:00 pm	1:00 pm-4:00 pm	1:00 pm-4:00 pm	1:00 pm-4:00 pm	1:00 pm-4:00 pm	1:00 pm-4:00 pm

- ◆ Member must call in advance, no earlier than 4 hours prior to time they want to bring their guests in
 - ◆ Limited to 1 guest per member
 - ◆ Access is based on space in the weight room at the time

Note: Guest Visiting times for pool and weight room may change without notice

A few things to remember while at the Club:

- ◆ Please arrive no earlier than 15 minutes to your classes or time-slot
- ◆ Change rooms are limited to 3 people due to spacing - please be mindful of the time spent in the change rooms as others may be waiting to enter
- ◆ Hot tub time is limited to 20 minutes if others are waiting to use it
- ◆ Thank you for being respectful of each other and maintaining 6 feet between yourselves and the desk staff

Strong For Life (L1-3)

Through simple, safe and effective exercises set to motivating music, you will build strong, functional muscles. The class uses dumbbells and other equipment to develop balanced strength and power throughout the body. You will become stronger, for a better, longer life.

Monday with Kevin

Tai Chi - Mixed Class

Tai Chi is an ancient Chinese practice that has been linked to myriad health benefits and can be a positive part of an overall approach to improving wellness. This class is great for people who have a very basic understanding of Tai Chi or you wish to continue to develop your internal balance, and find your harmony with body, mind and spirit.

Monday with Jarvis

Step Aerobics (L 3)

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.

Tuesday with Martha

Club Cardio (L1- L3)

Come "Move with Martha " in this follow along Cardio workout that fuses fun and high energy music to get you sweating and feeling great!!

This easy to follow class welcomes all fitness levels so come join in the fun.

Thursday with Martha

Spin Classes (L1-3)

Gear up for an interval indoor cycling experience. This 60-minute class will have your heart pumping and legs pushing through hill climbs and sprinting to the finish line. Your strength and endurance will benefit greatly as will that feeling of exhilaration. Great for all levels of fitness!

Wednesday with Andrew & Friday with Kim

Aquacize (L1—L3)

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

Monday with Martha

Friday with Elaine

Interval Step Aerobics (L1-3)

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.

Friday with Martha

Aqua Zumba (L1-L3)

Shake it! Tone it. Rock it. Latin inspired dance fitness class that gets you moving! Class incorporates toning sticks to maximize your workout. This will be super fun! This class is for ALL levels— even if you have NEVER done it before!

Wednesday with Amber

Yin (Gentle) Yoga (L1-3)

Gentle Yoga is a synergistic blend of Restorative and Yin Yoga, incorporating props such as bolsters, straps, blocks and blankets. The props provide a supportive environment for total relaxation of the body and mind, allowing for both healing and rejuvenation to take place.

*****Please bring your own mat and towel.

Tuesday with Beverly

Pilates (L1-3)

Pilates moves are combined with the use of the Swiss stability ball method for a complete full body workout. Pilates incorporates breath with movement to lengthen, strengthen and tone the body.

*****Please bring your own mat and ball

Wednesday with Beverly

Stretch'n Tone (L1-3)

This popular class will allow you to work at your level, increase your core strength and improve your balance and flexibility

Tuesday and Thursday with Martha

GUIDE TO LEVELS

Level 1

Easy to follow, low Intensity

Level 2

Moderately Challenging

Level 3

Challenging