



FAIRWINDS
WELLNESS CLUB

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

November

Monday - Friday 7:00 am - 8:30pm
Saturday & Sunday 9:00 am - 4:30 pm
Wednesday 11th 9:00 am - 4:30 pm
*No Classes

THANK YOU to everyone who have been cancelling their appointments in advance, however, we are noticing that some Members are cancelling at the time of their bookings - this is too late. It doesn't allow other members to book a time and enjoy the facility and the spot remains empty.

It would be appreciated if Members would cancel their time 2 hours prior to their appointment so that others can book a time.

NEW AND RETURNING classes: Tai Chi ★ Strong for Life ★ Pilates ★ Yoga ★ Hatha Yoga

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STEP AEROBICS 8:30-9:30		CLUB CARDIO 8:30-9:30	INTERVAL STEP AEROBICS 8:30-9:30		VINYASA YOGA 9:30-10:30
AQUACIZE 9:00-9:45		AQUA ZUMBA 9:00-9:45		AQUACIZE 8:40-9:25		
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			HATHA YOGA 9:30-10:30	AQUACIZE 9:40-10:25		
	YIN (Gentle) YOGA 5:00-6:00					

Pool Schedule for Guests & Children

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	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 need 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						

- ◆ 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



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A few things to remember while at the Club

- ◆ Please arrive no earlier than 15 minutes prior 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



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

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

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

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

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, allowing for both healing and rejuvenation to take place. *******Please bring your own equipment**

Tuesday with Beverly

Vinyasa Yoga

Vinyasa is a variation of Hatha yoga. It means to link movement with the breath. This class will allow students to deepen their relationship with their breath while focusing on strengthening and creating openness in their bodies. Vinyasa will take students through various sequences in a slightly faster and more energetic pace. Students will building strength, coordination, & reduce stress while increasing balance, range of motion, boosting immune system and pain management.

Sunday with Kelci

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

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

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 Vito

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

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 equipment**

Wednesday with Beverly

Hatha Yoga (L1-3)

Gentle Hatha is for every body ! This class is gentle and slow making it great for new students or those who are looking for a more relaxing yoga class. Students will bring awareness to their breath as they gently move through basic foundational asanas (postures). Gentle Hatha brings longer holds in each pose to allow students to experience the fullness of the pose. There are many benefits of yoga such as increasing balance, range of motion, coordination, boosting the immune system while managing pain and lowering stress.

Thursday with Kelci

Spin Class (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!

Friday with Kim

GUIDE TO LEVELS

Level 1

Easy to follow, low Intensity

Level 2

Moderately Challenging

Level 3

Challenging

* Class times and dates subject to change without notice