

January

January 2012

Adult Fitness Calendar



1 Join Gym!
2
New Year's Day
Internet Connection Closed

Mon	Tue	Wed	Thu	Fri	Sat
<p>3.</p> <p>5:30pm-Aquatic Bootcamp-LR</p>	<p>4.</p> <p>8:15-9:00 Circuits LR 9:00-9:40 Water Fitness LR</p> <p>6 pm Interval Training LR</p>	<p>5.</p> <p>5:30pm-Aqua Bootcamp-LR</p>	<p>6.</p> <p>8:30-9:30 Water Fitness LR</p>	<p>7.</p> <p>8:30am -Intervals LR 8:30am- Water Fitness-PM</p>	
<p>9.</p> <p>8:30am-Circuits LR 8:30am-Water Fitness LIN 6pm-Interval Training LR</p>	<p>10.</p> <p>8:30am Tone Zone LIN 5:30pm-Aqua Bootcamp-LR 5:30pm- Pilates/Yoga 1/6 6:30pm- Pilates/Yoga 1/6 7:00pm- Adult Swim-LR</p>	<p>11.</p> <p>8:30am-Step and Abs LR 8:30am- Water Fitness LIN 6pm- Circuit Training-LR</p>	<p>12.</p> <p>5:30pm-Aqua Bootcamp-LR 5:30pm- Pilates/Yoga 1/6</p>	<p>13.</p> <p>8:30am- Pilates/Yoga LIN 8:30am -Water Fitness LR</p>	<p>14.</p> <p>8:30am -Intervals LR 8:30am -Water Fitness LIN</p>
<p>16.</p> <p>8:30am-Circuits LR 8:30am-Water Fitness LIN 6pm-Interval Training LR</p>	<p>17.</p> <p>8:30am Tone Zone LIN 5:30pm-Aquatic Bootcamp-LR 5:30pm- Pilates/Yoga 2/6 6:30 pm-Pilates/Yoga 2/6 7:00pm- Adult Swim-LR</p>	<p>18.</p> <p>8:30am-Step and Abs LR 8:30am- Water Fitness LIN 6pm- Circuit Training LR</p>	<p>19.</p> <p>5:30pm- Aquatic Bootcamp-LR 5:30pm- Pilates/Yoga 2/6</p>	<p>20.</p> <p>8:30am- Pilates/Yoga LIN 8:30am -Water Fitness LR</p>	<p>21.</p> <p>8:30am -Intervals- LR 8:30am- Water Fitness-LIN</p>
<p>23.</p> <p>8:30am-Circuits LR 8:30am-Water Fitness LIN 6pm-Interval Training LR</p>	<p>24.</p> <p>8:30am Tone Zone LIN 5:30pm-Aquatic Bootcamp-LR 5:30pm- Pilates/Yoga 3/6 6:30pm- Pilates/Yoga 3/6 7:00pm-Adult Swim-LR</p>	<p>25.</p> <p>8:30am-Step and Abs LR 8:30am- Water Fitness LIN 6pm- Circuit Training LR</p>	<p>26.</p> <p>5:30pm- Aquatic Bootcamp-LR 5:30pm- Pilates/Yoga 3/6</p>	<p>27.</p> <p>8:30am- Pilates/Yoga LIN 8:30am -Water Fitness LR</p>	<p>28.</p> <p>8:30am -Intervals 8:30am- Water Fitness-LIN</p> <p>Laura Jan 29th—Feb 5th Fitness & Fun Royal Caribbean Cruise</p>
<p>30.</p> <p>8:15-9:00 Circuits 9:00-9:40 Water Fitness -LIN 6 pm Interval Training</p>	<p>31.</p> <p>8:30am Tone Zone-LIN 5:30pm-Water Fitness 5:30 Pilates/Yoga 4/6 6:30 Pilates/Yoga 4/6</p>	<div style="border: 2px solid green; border-radius: 15px; padding: 10px; text-align: center;"> <p>**Pilates Class</p> <p>(6 week course)</p> <p>Tuesday Jan 10- Feb 14</p> <p>Thursday Jan 12—Feb 16</p> <p>****Sign up now</p> </div>			



Instructors:

LR—Laura Ribbins
LIN—Linda Rayner
NS- Nicola Sowerby
PM-Penny McDowell



Adult Fitness Classes

January 2012



Studio Class Descriptions

Cardio Fusion

A fantastic full body workout integrating low impact aerobics with Slide, BOSU, Resist-a-Ball and strength training to challenge the mind and body.

Tone Zone

Join us for a different spin on body toning. Experience a body sculpting class that involves the use of hand weights, and other resistance type "toys" to sculpt, firm, tone and tighten all your muscle groups and leave you feeling energized!

Step & More!

A fantastic fat-burning class combining moves on the step and BOSU to get the heart pumping and calories burning. Come and improve your strength, balance and co-ordination all in awesome class.

* Yoga/Pilates

Treat yourself to a very special, relaxing, yet surprisingly invigorating workout. This class combines two very popular disciplines, the Eastern Tradition of Yoga and the works of Joseph Pilates. The exercises practiced in class will strengthen the core muscles of the body, improve posture, balance and flexibility and lift your spirit by creating a sense of accomplishment and well-being.

+ Friday 8:30 am class included in membership. Non-members drop-in for \$15.

Intermediate Intervals- Circuit Training

A drills and skills workout that includes resistance and strength training, without "the aerobics". Various stations, working for allotted time periods. Covering all aspects of fitness. Aerobic, core stabilization & resistance training. Great for an all over body workout. Guaranteed to leave you feeling like you worked.

Men and Women welcome!

Core Essentials: A fantastic class focusing on core-strengthening and toning.

Abdominals, Buttocks and Back exercises intensified. We may incorporate Resist-a-balls, BOSU-balls, balance work, free weights and floor time but it is always fun!

Water Class Descriptions

Whether you are new to exercising or are a seasoned athlete, exercising in the pool is a great way to improve your overall fitness. There is no swimming involved and no swimming skills are required.

Water Fitness

A total body workout, utilizing a combination of exercises and training methods to give you a fantastically challenging class. Tone your body and improve your overall fitness.

FACILITY RATES/PRICING INFORMATION:

Non-Members/Drop In

\$15.00 per class

Monthly Rate

\$75.00 for machine use and classes

Six Month Pass

\$395.00 for machine use and classes

SPECIALTY COURSES—PRE-REGISTRATION REQUIRED.

*****ADULT SWIM LESSONS**

You will get more comfortable and move more easily in the water improve your stroke Technique ,rhythmic breathing these one-hour lessons can help! 4-week session:

\$75.00 members \$85.00 non-members \$25.00 Drop-in Tuesday nights 7:00-8:00

*****YOGA/PILATES**

This class combines two very popular disciplines, the Eastern Tradition of Yoga and the works of Joseph Pilates.

Time: Tuesday January 10th - February 14th

5:30pm-6:30pm Level 1/2

6:30pm-7:30pm Level 3/4

Time: Thursday January 12th - February 16th

5:30pm-6:30pm Level 1/2

Cost: \$90.00 non-members \$75.00 Platinum Members \$150.00 both courses (2x a week)

*****PERSONAL TRAINING SESSIONS**

Personal training is no longer just for the rich and famous. If you need to kick-start your fitness regime, train for a specific event or even learn to swim, we have a personal training program for you. Our professional, certified instructors and trainers will be there to help you every step of the way! Training sessions can be held at Fitness Connection or in the comfort of your own home or pool. Call for details!

***** This symbol indicates specialty courses which have specific start dates. Please call for more information. Not included in membership.**