

fitness connection

T H E C L U B

Adult Fitness Calendar August 2019

| | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|--|--|--|---|
| Instructors LR Laura Ribbins AJ Abraham Joseph JR Jacqui Retief | | | | | | |
| | A ONE HOUR WORKOUT IS 4% OF YOUR DAY <i>no excuses</i> | | | 1 Morning Evening 5:30 Water Fitness (AJ) | 2 Morning 8:30 Water Fitness (AJ) | 3 Morning 8:30 Water Fitness (AJ) |
| 4 | 5 Morning 8:30 Water Fitness (AJ) Evening | 6 Morning Evening 5:30 Water Fitness (AJ) | 7 Morning Evening | 8 Morning Evening | 9 Morning | 10 Morning 8:30 Water Fitness (LR) |
| 11 | 12 Morning 8:30 Water Fitness (LR) Evening 6:00 Interval Tabata (LR) | 13 Morning Evening 5:30 Water Fitness (LR) | 14 Morning 8:30 Water Fitness (LR) Evening 6:00 Interval Tabata (LR) | 15 Morning Evening | 16 Morning | 17 Morning 8:30 Water Fitness (LR) |
| 18 | 19 Morning 8:30 Water Fitness (LR) Evening 6:00 Interval Tabata (LR) | 20 Morning Evening 5:30 Water Fitness (LR) | 21 Morning 8:30 Water Fitness (LR) Evening 6:00 Interval Tabata (LR) | 22 Morning Evening | 23 Morning | 24 Morning 8:30 Water Fitness (LR) |
| 25 | 26 Morning 8:30 Water Fitness (LR) Evening 6:00 Interval Tabata (LR) | 27 Morning Evening 5:30 Water Fitness (LR) | 28 Morning 8:30 Water Fitness (LR) Evening 6:00 Interval Tabata (LR) | 29 Morning Evening | 30 Morning | 31 Morning |

**Specialty Classes in Red- See Back for Details*

Class Descriptions

We welcome all new clients but sessions have to be pre booked as we customize all classes to suit each individual.

Express Blast

Kick-start your morning with this fast-paced, high-energy workout. 30 minutes is all that you need for an awesome workout and we've got you covered! This class is perfect for all levels— come ready to work!

Interval Tabata

Is an enhanced form of interval training, an exercise strategy alternating periods of short intense anaerobic exercise with less-intense recovery periods.

Cardio Kick/Abs

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

Circuit Blast

A drills & skills workout that includes resistance & strength training, without "the aerobics". Various stations, working for short time periods. Covering all aspects of fitness: Aerobic, core stabilization & resistance training. Great for an all over body workout.

Core Essentials

A fantastic class focusing on core-strengthening & toning. Abdominals, Buttocks & Back exercises intensified. Incorporating: Resist-a-balls, BOSU-balls, balance work, free weights and floor exercises

Water Fitness

A total body workout, utilizing a combination of exercises and training methods to give you a fantastically challenging class. Whether you are new to exercising or are a seasoned athlete, exercising in the pool is a great way to improve your overall fitness. Plus, our pool is **solar heated!**

2019 FACILITY RATES/PRICING INFORMATION

Non-Members/Drop In \$18.00 per class

Monthly Rate \$130.00 for unlimited exercise classes

Punch Passes \$80.00 for 5 classes valid for 2 months from time of purchase

SPECIALTY COURSES—PRE-REGISTRATION REQUIRED

*****ADULT SWIM LESSONS Jacqui Retief**

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:

Tuesday 7:00pm -8:00pm

Cost: \$100.00 for a package of 4 consecutive classes . \$30.00 Drop in class

*****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.

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