



WMC Fitness Class Schedule



Schedule Starting September 7, 2010

<i>TIME</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
6:45-7:30 am	Power Spin (Monique)	**Body Toning Circuit (Pat)	Endurance Ride (Melissa/Marni)	**Body Sculpt (Marni/Melissa)	Power Spin (Agnes)	
9:30 – 10:15 am						Power Spin (Pat)
						Awesome Abs (Pat) 10:15 – 10:30
10:30-11:00 am	Walk Fit (Melissa)		Walk Fit (Melissa)		Walk Fit (Agnes)	
12:15-12:45 pm	Power Circuit (Melissa)	Spin Express (Pat)	Power Circuit (Melissa)	**Pilates (Melissa)	Spin Express (Agnes)	
6:00-7:00 pm	**P90X (Pat)	Run Group Beginner + All Levels (Registered only)	Spin (Pat) (6:00-6:45pm)	Run Group Beginner + All Levels (Registered only)		
7:00-8:00 pm Check Individual Class Time	**Zumba (Hailey)	**Pilates (Melissa)	Spin (Pat) (7:00-7:45pm)	**Yoga (Melanie)		

Spin Sign-up will start at 12:00 (noon) the day of the evening classes, no sign –up for morning classes. Please call the Fitness Centre to reserve a bike 519 669-1647 x 7011. Bikes are available on a first come first serve basis.

** – Denotes classes held in the Community Room , all others held in the Fitness Centre

Spin	Spin (cycling) focuses on endurance, strength, intervals, hills, higher intensity and recovery, burning calories and strengthening your lower body.
Body Toning Circuit	Resistance training targeting fat loss, muscle building and aerobic fitness, moving from one exercise to another while keeping the heart rate at an increased level, generally working all muscle groups.
Endurance Ride	This class is designed to be more similar to an outdoor ride. The intervals and climbs are longer than that of a regular spin class, pushing the endurance of the participants.
Body Blast	This class uses a variety of free weights, bands and body weighted exercises to tone and condition muscles while raising metabolic rate for rapid fat-burning
Walk Fit	A class designed to keep your heart rate up and muscles warm. Walk Fit includes intervals of gentle walking, speed walking, stretching, and a variety of movements to get the heart pumping such as- marching on the spot.
Power Circuit	Resistance training targeting fat loss and muscle building in 30 minutes. With minimal time between exercises, the heart rate stays at an increased level while working lower body, upper body, and core.
Spin Express	An energetic way to spend the lunch hour, with all of the components of a spin class, just offered as a 30 min express.
P90X	Emphasizes "muscle confusion", shorthand for a method of cross-training and periodization, achieved through switching the order of exercises and incorporating new and varied movements. An instructional class based around the P90X DVD's.
Awesome Abs	This 15 minute core intensive class is designed to burn out the abs in a short intensive class. Finish off your spin workout with the class, or add it in as part of your Saturday morning routine.
Zumba	Zumba features aerobic interval training with fast and slow rhythms that sculpts the body with high energy and motivating music that allow participants to dance away their stress and worries. This is an all round FUN class!
Pilates	Muscle toning exercises through body weighted movements, increasing strength throughout the core.
Yoga	Different sequences and challenging Vinyasas to help improve you strength, flexibility and muscle balance while targeting your core muscle group.
Beginner Run Group	A clinic for those currently not running, that teaches you how to run from 0 to 5km in 12 weeks (Beginners). (Registered Only)
All Levels Run Group	A variety of workouts for persons currently running 30 minutes or more. This clinic will help build speed and endurance while enjoying the challenging workout in a group atmosphere (Intermediate – Advanced). (Registered Only)

⇒ **All of the classes listed above can be attended by participants using a 10 class Fitness Pass purchased at the Customer Service Desk for \$60.**

⇒ **Fitness Class Drop-in's are also available for \$7.00 per class.**

⇒ **All Fitness Classes are included with a Fitness Membership, as well as, unlimited use of the Fitness Centre**

⇒ **Fitness Centre Drop-in's are available for \$10.00 which includes unlimited day use of the Fitness Centre as well as participation in any Fitness class.**

Prices are subject to HST

All Participants required to complete PAR-Q