






Fitness Class Schedule

Spring 2010- May & June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		6:45-7:30 H.I.T. Tara		
10:45-11:30 Body Sculpt Monika	 10:45-11:30 Indoor Bootcamp Jenneane	10:45-11:30 Body Sculpt Monika	10:55-11:45 Core Barre Shelley	 10:45-11:45 Pilates Shelley
11:35-12:20 H.I.T. Tara	 11:35-12:20 Resist & Release Bonita	11:35-12:20 Fitball & Core Curtiss/Steve	11:50-12:35 Butts & Guts Bonni / TBA	11:10-12:00 Outdoor Bootcamp Tara
12:30-1:30 Yoga – Yin-Yang Colleen	 12:30-1:20 Core Rhythms Trista	12:30-1:30 Yoga-Vinyassa Flow Colleen	12:45-1:30 Butts & Guts Jodie	12:45-1:10 Karmic Kore Curtiss/Ross
	 4:30-5:30 Yoga-Runner Workshop Colleen			

Important Dates:

April 12: Registration for May & June classes begins at 7:00am.

May 24: Victoria Day. No classes

June 14: Registration for Summer (July & August) classes.

Classes start May 3 and run until June 25, 2010

No refunds after the first class

Yoga participants are encouraged to purchase and bring their own yoga mat. No mats will be provided.

Karmic Kore is a drop in by donation class. All funds are donated to KidSport

Priority Waiting List:

If you could not get into certain classes in this session, your name will be on a "Priority Waiting List". Your spot will be guaranteed for the next session.

TAKE OFF TEN

Loose those final 10 pounds by signing up for small groups with a personal trainer.

✓ Twice/week x 8 weeks =

16 sessions of PT

✓ Pre & post measurements

✓ Dietician consult

✓ Exercise counseling



If you have any questions please contact the Livingston Club Fitness Centre at 403.716.2007 or livingstonfitness@bentall.ca

BODY SCULPTING: Looking to tone up your body? This muscular endurance class works the entire body with the use of various equipment (ie. weights, Fitballs, tubing, steps, body bars and more). If you like to feel the burn, this class is for you. All fitness levels welcome.

BUTTS & GUTS: Frustrated with your problem areas? This high energy class will burn calories as you tone your legs and glutes, develop core strength and improve posture and balance. It's a full body workout that will leave you wanting more.

CARDIO & PUMP: This class strives for muscular strength and endurance while maintaining a continual cardiovascular workout. We use athletic drills and resistance training combined for a complete workout taxing the entire body.

CORE BARRE: Core Barre is an effective and rapid way to change your body! This high intensity, blended method of Pilates, calisthenics and the lotte burke method flattens your abs, lifts your butt and streamlines your thighs. Be prepared to feel the burn like never before! This workout really gets results, but demands commitment. A Pilates/Yoga background is recommended. **NOTE:** this is a six week class May 6 – June 10.

CORE RHYTHMS: use Latin dance moves that raise your heart rate and tone and tighten your entire core at the same time. The same popular class developed and taught by Arthur Murray dance studios. <http://www.arthurmurraycalgary.ca/>

FITBALL & CORE: Discover how a colorful, oversized ball can enhance your overall fitness. Training on the ball develops the stabilizing muscles that are critical in posture and performance. Increase your core strength, challenge both upper & lower body and have fun!

H.I.T.: Join Tara as she leads the group through “High Intensity Training”. Even though this is an advanced class, the low rep format and focus on technique make it an appropriate strength class for all but the beginner.

HALF & HALF: Spend the first half of the class performing functional, dynamic exercises intertwined with cardio; followed by an extended stretch and release. This class is sure to challenge your balance and improve your mobility and posture.

INDOOR BOOTCAMP: Before the snow melts come inside to work and drill your way to becoming a stronger leaner machine. Circuits, intervals, strength and toning exercises will work both upper & lower movement patterns.

KARMIC KORE: No registration required! Participation in 25 minutes of ab and core work is by donation, with all monies going to Kidsport. It may be Karmic but its still “hard”-kore. Recommended donation: \$4.

OUTDOOR BOOTCAMP: Take your workout outside in the spring. This bootcamp is designed for all where cardio, strength and core are all built through calisthenics, resistance training and interval work.

PILATES: Pilates is a method of total body conditioning that will emphasize body alignment, core strength, use of breath, and flexibility. Pilates facilitates general

movement, and posture awareness, and is excellent cross training for many sports (i.e. running, golf, skiing, etc.).

RESIST & RELEASE: Half strength, half flexibility – Classic and dynamic toning and training is offset with east and west styles of stretching. The end result is a strong and supple body.

YOGA: is a combination of many things, a veritable yin and yang. Strength and flexibility training is accomplished through many different asanas (or poses). Mind and spirit are calmed through pranayama (or breathing and meditation practices). Afterwards the body and soul are re-invigorated for the challenges of work, play and life in general.

VINYASSA FLOW: A yoga practice that links postures in a way that promotes a flow of energy. A group of postures may be linked together building on top of each other to create a deeper, fuller experience. This practice is energizing and creative so that no 2 practices are alike although the same fundamental poses will be present.

YIN-YANG: The beginning of the class focuses on opening up the shoulders, back, and hips by targeting connective tissues and ligaments through long, gentle holds. The class will then progress to more active/strengthening poses to energize the body. Suitable for all levels.

YOGA - RUNNERS WORKSHOP: Utilizing the concepts of Yin Yoga, this 4-week workshop will focus on offsetting the muscular imbalances specific to runners. Emphasis will be given to the hips, hamstrings and lowback in an effort to improve gait, reduce injuries and increase mileage. Workshop runs May 4-25, 2010

★★ Please arrive on time as it's disruptive to other participants and the instructor when you arrive late. ★★

★★ *All classes are self-paced, which means that you determine the intensity that is best for you. It's easy; just listen to your body. We encourage you to exercise according to your fitness level. The staff and leaders at the Livingston Club Fitness Centre, care about your health and safety.* ★★

TAKE OFF TEN: Loose those final 10 pounds with the help of our trainers. Groups are assigned a trainer who will help lead drop those pesky last few pounds. Diet information is also included with a one-on-one session with a dietician. Pre & post body analysis is used to determine the group that lost the most weight & inches. 16 sessions of small group personal training, individualized nutrition support, and body composition are all part of the program.

Mon & Wed 9:30-10:30am
Mon & Thurs 1:30pm-2:30pm
Tues & Thurs 4:00pm-5:00pm

To register or for more information, contact the Fitness Desk @ 403.716.2007
Cost \$435+gst