



# Wellness Centre

## Ages 13 & Over

(13 - 15 years with adult supervision)

### Services Include:

- Professional Assistance
- Drop-in
- Instructional Programs
- Personal Training

### Wellness Centre Summer Hours:

**Monday - Friday** 5:00 am - 10:00 pm

**Saturday** 8:30 am - 4:00 pm

**until May 18:**

**Sunday** 8:30 am - 8:00 pm

**effective May 19:**

**Sunday** 8:30 am - 4:00 pm

*Hours & schedule subject to change*

### Pass Suspensions

Passes may be suspended in advance for a minimum of one month for medical reasons. Passes will be suspended from the date the request is made (in writing) or from the date of a doctor's certificate.

### Equipment

- Functional Trainers
- Jungle Gym
- Treadmills
- Cross Trainers
- Stair Climber
- TRX
- Rowing Machine
- Recumbent Bicycles
- Stationary Bicycles
- Strength Machines
- Free Weights

### NOTE:

- Wellness Centre is OPEN during scheduled classes, all equipment may not be available during these times.
- Weight belts available during supervised hours only.

## Fees

### Drop-in & Punch Cards

(includes 5% GST)

	Drop-in	11 Punches
Adult	\$6.50	\$65
Student	\$3.50	\$35
Evergreen	\$5.00	\$50
PWD	\$3.50	\$35

### Memberships (includes 5% GST)

	1 year	6 month	3 month	1 month
Adult	\$360	\$250	\$150	\$65
Student	\$180	\$115	\$75	\$35
Evergreen	\$270	\$190	\$115	\$50
PWD	\$180	\$115	\$75	\$35
Family	\$695	\$430	\$240	\$95

*(Family: minimum one adult & one teen, maximum two adults & up to six teens under 18 years, all living in the same household)*

## Childminding

(All ages)

If you're participating in our programs, playing tennis, squash, or using our Wellness Centre, your children are invited to drop in and play.

### until June 29:

Monday - Saturday, 9:00 - 11:00 am

### effective July 2:

Monday - Friday, 9:00 - 10:30 am




\$4.00/1¼ hour drop-in (*ask about other options*)



# Wellness Centre Classes & Supervision Hours

effective May 19, 2019

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 am		5:00 - 6:00 am	5:00 - 7:30 am	5:00 - 6:00 am	5:00 - 7:30 am	5:00 - 7:30 am	
6 am	CLOSED						CLOSED
7 am							
8 am		7:00 - 8:00 am		7:00 - 8:00 am			
9 am	8:30 - 11:30 am	9:00 - 11:30 am	9:00 - 11:30 am	9:00 - 11:30 am	9:00 - 11:30 am	9:00 am - 11:30 pm	8:30 - 11:30 am
10 am		55+ ST	55+ ST	55+ ST	55+ ST	55+ ST	
11 am		55+ ST	55+ ST	55+ ST	55+ ST		
12 pm		12:00 - 2:00 pm	12:00 - 2:00 pm	12:00 - 2:00 pm	12:00 - 2:00 pm	12:00 - 2:00 pm	
1 pm		55+ ST	55+ ST	55+ ST	55+ ST		
2 pm			55+ ST		55+ ST		
3 pm							
4 pm							
5 pm	CLOSED	4:00 - 7:00 pm	4:00 - 7:00 pm	4:00 - 7:00 pm	4:00 - 7:00 pm	4:00 - 7:00 pm	CLOSED
6 pm							
7 pm			Circuit Training		Circuit Training		
8 pm							
9 pm							
10 pm							

 On your own drop-in  
 Supervised drop-in  
 Registered class in progress

Schedule subject to change


Please note: the Wellness Centre is open for drop-in during registered class times.

## STEP IT UP

Join us for this fun throwback step class where you'll get a full-body, low impact, cardio workout set to awesome music from the 80's! You can expect a mixture of upbeat, rhythmic stepping, combined with strength movements that will leave you feeling energetic and strong.

**Instructor:** Nancy Victoria

#48465 Fridays

 July 5 - August 23

9:00 - 10:00 am

Lewis Centre MP Hall

\$48/8

## CIRCUIT TRAINING

This high energy, faster paced class will help you to burn fat and build muscle by combining cardio intervals and strength training. Get a great total body workout while using a variety of equipment in the Wellness Centre!

**Instructor:** Juan Blancas

#48485 Tuesdays & Thursdays

July 2 - August 29

7:00 - 8:00 pm

Lewis Wellness Centre

\$108/18

## STRETCH & STRENGTH

(55 years & over)

This class begins with a moderate level warm up followed by exercises that focus on strengthening, toning and stretching key muscles. A long, relaxing stretch completes the class. **No class August 5.**

**Instructor:** Nancy Victoria

#48487 Mondays & Thursdays

 July 15 - August 22

9:00 - 10:00 am

Filberg Rotary Hall

\$66/11



# Strength Training

## 55+ STRENGTH TRAINING

(55 years & over)  
Strength training is great for anyone looking to maintain, build and improve their strength, balance and overall well-being. Our qualified instructor is in the weightroom guiding you through your fitness journey and offering support. **No class August 5.**

**Instructor:** Juan Blancas  
Tuesdays & Thursdays

**EG** July 2 - August 29

#48468 10:30 - 11:30 am

#48472 1:30 - 2:30 pm  
\$108/18

Mondays & Wednesdays  
July 3 - August 28

#48466 10:00 - 11:00 am

#48470 11:15 am - 12:15 pm

#48467 1:00 - 2:00 pm  
\$96/16

#48469 Fridays  
July 5 - August 30

10:00 - 11:00 am  
\$54/9

Lewis Wellness Centre

## SIMPLY STRENGTH 1

(55 years & over)  
Exercises will be taught with a variety of equipment to increase balance, range of motion and strength and will help you regain or maintain your ability to climb stairs, get in and out of a chair or car, and maintain your balance while walking and standing. **No class July 10 & August 5.**  
**Instructor:** Joyce Leong & Steve Thomson

#48908 Mondays & Wednesdays

**EG** July 3 - August 14  
10:15 - 11:15 am

Native Sons Grand Hall  
\$77/11

## SIMPLY STRENGTH 2

(55 years & over)  
This co-instructed intermediate level class offers overall body conditioning, balance and agility, core strengthening and health and wellness education. **No class July 10 & August 5.**

**Instructor:** Joyce Leong & Steve Thomson

#48909 Mondays & Wednesdays

**EG** July 3 - August 14  
9:00 - 10:00 am

Native Sons Grand Hall  
\$77/11

## Personal Training Team



### Juan Blancas

Personal Trainer, Weight Training, Fitness Theory, Third Age  
Certified Since: 2002  
Training Specialties:  
- Step, Resistance Tubing, Dumbbell  
- Stability Ball  
- Body Ball, Core activation, Assessment & Training



### Tammy Jones

Personal Training, Group Fitness, Third Age, Zumba, TRX, Spin, Fitness Theory, Aquafit  
Certified Since: 2006  
Training Specialties:  
- Cardio-Kickboxing  
- Bootcamps  
- H.I.I.T.



### Nancy Victoria

BGS (Bachelor of General Studies Sports & Rec) Minor in Rehab, Personal Trainer, Retired canfitpro ProTrainer, Spin  
Training Specialties:  
- Women and Weight loss  
- Older Adult  
- Bender ball  
- Sports Conditioning  
- Functional Conditioning



### Kim Hamilton

Personal Trainer, OsteoFit, Third Age Fitness Leader, 200 Hour Yoga Alliance Program, Certified Since: 2005  
Training Specialties:  
- Working with 50+ age group  
- TRX and Spin  
- Osteoporosis or less mobility  
Certified OsteoFit Instructor Certified Fallproof Balance & Mobility Instructor



### Cathy Riopelle

BScHN (Bachelor of Science in Holistic Nutrition) Personal Trainer, Weight Training, Third Age, Group Fitness, TRX, Spin  
Training Specialties:  
- Strengthening Muscular Imbalances  
- Core Conditioning  
- Boot Camp/HIIT  
- Weight Management  
- Older Adults



### Joyce Leong

Group Fitness Leader, Music Module, Strength Module, Spinning Module, Third Age, Certified Since: 1995  
Training Specialties:  
- Older Adults, New gym users  
- Mobility/Balance issues  
- Core training, Sport Specific

## Personal Training Prices

	Private	Semi Private (2 people)	Teen Private	Teen Semi Private
1 session	\$50	\$75	\$37.50	\$56.25
3 sessions	\$135	\$203	\$101.25	\$152.25
5 sessions	\$200	\$300	\$150	\$225
10 sessions	\$325	\$490	\$243.75	\$367.50
15 sessions	\$375	\$563	\$281.25	\$422.25

5 sessions & over will receive a complimentary 11 punch Wellness Centre pass

### Express Personal Training \$75/30 thirty minute sessions

We recommend express sessions for clients looking to become familiar with weightlifting or with previous experience.

## Benefits of Personal Training

- Improve Your Overall Fitness
- Learn to keep up a routine!
- Find the right way to work out
- Faster and better results
- Proper fat loss and muscle gain
- Establish a lifetime exercise habit



# Drop-in Fitness Schedule

effective July 2, 2019  
**unless otherwise noted**

	MON	TUES	WED	THURS	FRI
6:00 am	Spin & Core 😊		Spin & Core 😊		
8:30 am			Hatha Yoga		
9:00 am	Cardio Chaos+	BootCamp Blast+	Zumba w/ Milena 😊	BootCamp Blast+	Step It Up Core N' Cuts 9:15am
10:30 am	Cardio Kix 😊				
12:00 pm	CSI Cardio, Strength & Intervals 😊	HIIT 12:10pm 😊	Flow Yoga 😊	HIIT 12:10pm 😊	Spin Revolution
5:15 pm	Zumba Toning 5:30 😊		Chiseled 😊	BootCamp Blast	

Please note: This schedule is subject to change

Pay & sign in at the office BEFORE class.

😊 Ask about our pre-registration discount options available for this class

### Class Levels

Beginner/Intermediate  
Intermediate/Challenging  
Challenging  
+75 minute class

## Drop in, Punch Card & Membership Fees including GST

Pass Type	Adult	Evergreen	Student	PWD
Drop-in	\$6.50	\$5	\$3.50	\$3.50
11 Punch	\$65	\$50	\$35	\$35
1 Year	\$360	\$270	\$180	\$180
6 Months	\$250	\$190	\$115	\$115
3 Months	\$150	\$115	\$75	\$75
1 Month	\$65	\$50	\$35	\$35

For Fitness Schedule before July 2, please check [courtenay.ca/fitness](http://courtenay.ca/fitness)

### Children in fitness classes:

The City of Courtenay fitness classes are teen and adult oriented. For the safety, comfort and enjoyment of all, children cannot be accommodated in fitness classes. Ask us about childminding hours. See page 13.



## Drop-in Fitness

### CARDIO CHAOS+

*Mondays 9:00 - 10:15 am*

Anything goes in this upbeat class that will improve your overall cardio, strength and core stability. It is a high energy, mixed impact workout with a variety of exercises and equipment. Every class is different, but you will jump, kick and step your way to a sweating body by the time you're finished the class.

**Instructor:** Tammy Jones

### HIIT

*Tuesdays 12:10 - 12:45 pm*

*Thursdays 12:10 - 12:45 pm*

This class involves short and long bursts of plyometric and calisthenics targeting all body parts and giving you the most effective cardio workout in the shortest amount of time. This quick, fun and effective workout is a great way to complement your gym routine!

**Instructor:** Tammy Jones

### CSI (CARDIO, STRENGTH & INTERVALS)

*Mondays*

*12:00 - 12:45 pm*

Experience a full body workout designed to help build strength, endurance and cardio through a mix of Tabata, HIIT, circuit training and more. Whether you are training for a Spartan or 'Tough Mudder' race or want to improve your level of fitness, this class will leave you in tip top shape!

**Instructor:** Nancy Victoria

### CARDIO KIX

*Mondays 10:30 - 11:30 am*

Come out ready to sweat with this lively class that will get your heart rate up through a mix of kickboxing, dance and cardio moves! Guaranteed to be a fun workout that's designed for all fitness levels and ages! **No class August 5.**

**Instructor:** Tammy Jones

### BOOTCAMP BLAST

*+ Tuesdays 9:00 - 10:15 am*

*+ Thursdays 9:00 - 10:15 am*

*Thursdays 5:15 - 6:15 pm*

In this sweaty bootcamp workout you'll get your butt kicked with a mix of equipment based and bodyweight only exercises. This dynamic class combines cardio, functional training and conditioning exercises. Get ready to blast every part of your body!

**Instructor:** Steve Thomson

### ZUMBA TONING

*Mondays 5:30 - 6:30 pm*

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to strength-training dance fitness party. Using Zumba® toning sticks for upper body resistance, you'll work against gravity or the floor to define your leg and ab muscles.

**Instructor:** Milena Spratt

### HATHA YOGA

*Wednesdays 8:30 - 9:45 am*

This drop-in yoga class delivers fundamental poses that build strength, balance, flexibility and focus, dynamically moving from pose to pose. Modifications and options will be offered for all levels, allowing you to adapt and/or challenge yourself to what feels best for you on each day - everyone is welcome!

**Instructor:** Wendy Davies

### SPIN REVOLUTION

*Fridays 12:00 - 12:45 pm*

Rev up your Friday with a high energy 60 minute spin class! Beginners to spin are welcome, and seasoned cyclists will be challenged with a varied class driven by high-energy fun music. Class is composed of a warm-up, 45 minutes of cardio, cool-down and stretch. Class size is limited to 17 participants.

### CORE N' CUTS

*Fridays 9:15 - 10:15 am*

A core based exercise class intermixed with HIIT Cardio using balls, Bosus, bikes, bands and body weight to carve curves, tighten butts, sculpt abs, & melt body fat. We recommend you arrive early as numbers may be limited.

**Instructor:** Steve Thomson

### SPIN AND CORE

*Mondays 6:00 - 7:00 am*

*Wednesdays 6:00 - 7:00 am*

Looking for more than just a spin class? Work your legs and abs in this one hour class. This class consists of fat burning cycling on the spin bikes, followed by balanced body ab work. This is the ultimate class to burn those calories and develop core strength.

**Instructor:** Nancy Victoria

### CHISELED

*Wednesdays 5:15 - 6:15 pm*

The Tabata protocol is a high intensity training regime that produces astonishing results through an assortment of training techniques. Be prepared to try out different styles of equipment that will tax you aerobically and tone any trouble areas.

**Instructor:** Nancy Victoria

*Sign in sheet for drop-in classes will be out 30 minutes before the start of class. Please sign in BEFORE your class.*





### CSI (CARDIO STRENGTH INTERVAL)

Cardio, Strength, Intervals this class has it all! Experience a full body workout designed to help build strength, endurance and cardio through a mix of Tabata, HIIT, circuit training and more. This class will leave you in tip top shape! **No class August 5.**

**Instructor:** Nancy Victoria

#48918 Mondays

July 8 - August 26  
12:00 - 1:00 pm

Lewis Activity Room

\$42/7

\$6.50/Drop-in



### ZUMBA WITH MILENA

This Latin infused dance class will burn tons of calories and make you sweat. You will shimmy, shake, and pump your chest in this one-hour fun class where you will work hard and smile your way through. You'll experience Bollywood, Belly Dance, Meringue, Salsa, Reggaeton, and more!!

**Instructor:** Milena Spratt

#48633 Wednesdays

July 3 - August 28  
9:00 - 10:00 am

Lewis Centre Activity Room

\$54/9

\$6.50/Drop-in



### CHAIR FIT

(55 years & over)

A safe exercise program designed for the older exerciser or those with physical limitations that make traditional exercising difficult. Classes will incorporate upper and lower body movements and the exercises are done in and out of chairs - with no floor work.

**Instructor:** Wendie Matte

#48486 Tuesdays & Fridays

EG July 2 - August 16  
9:15 - 10:15 am

Filberg Centre Rotary Hall

\$72/12

### SPIN AND CORE

Looking for more than just a spin class? Work your legs and abs in this one hour class. This class consists of fat burning cycling on the spin bikes, followed by balanced body ab work. **No class August 5.**

**Instructor:** Nancy Victoria

#48906 Mondays

July 8 - August 19  
\$42/6

#49063 Wednesdays

July 3 - August 21  
\$48/8

6:00 - 7:00 am

Lewis Activity Room

\$6.50/Drop In



### NIA

Moving to music that invigorates and inspires, we cycle through dynamics of power and strength, grace and flexibility. This is fitness that respects who you are, where you've come from, and where you want to go. Everybody welcome.

**No Class August 5.**

**Instructor:** Ann Marie Lisch & Lenore Lowe

#47704 Mondays

July 15 - August 26  
5:30 - 6:45 pm

Filberg Rotary Hall

\$60/6

### ZUMBA TONING

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party. Using Zumba® toning sticks or light weight dumbbells, you'll work every muscle group while you groove. You'll also work against gravity or the floor to define your leg and ab muscles. **No class August 5.**

**Instructor:** Milena Spratt

#48490 Mondays

July 8 - August 26  
5:30 - 6:30 pm

Lewis Activity Room

\$42/7

\$6.50/Drop-in



### FLEX CORE

This class target deep core musculature along with the glutes and low back body weight exercises progressing further to Swiss ball, Bosu and more. Stretching and mobility will also be intermixed with this new and challenging program. All fitness levels welcome and results are guaranteed!

**Instructor:** Steve Thomson

#48914 Thursdays

July 4 - 25  
6:30 - 7:30 pm

Lewis Activity Room

\$28/4



# Yoga & Wellness

## FLOW YOGA

Enjoy a Hatha style class that flows through movement and breath designed to help you connect with your body. Stretch out any kinks, improve your flexibility and tone your muscles under the gentle guidance of Diana Gama. All levels welcome.

**Instructor:** Diana Gama

#48772 Wednesdays

July 3 - August 28

12:00 - 1:00 pm

Lewis Activity Room B

\$54/9

\$6.50/Drop-in



## ACROYOGA

AcroYoga combines the gentleness of yoga, the deepness of partner stretching, the excitement of acrobatics and the therapeutics of Thai Massage. It helps to build trust, flexibility, strength, teamwork and relaxation. Join us for this class that will help you to build a solid foundation while progressing through a series of postures. No Experience or partner required.

**Instructor:** Diana Gama

#48770 Thursdays

July 4 - August 29

6:00 - 7:30 pm

Lewis Craft Room A

\$108/9

\$10/Drop-in

## GOOD MORNING YOGA

Leaving the class feeling energized yet calm and relaxed. Build body and mind awareness through yoga postures, breathing practice and meditation. Requires previous yoga experience.

**Instructor:** Akiko Shima

#48500 Fridays

July 12 - August 30

9:15 - 10:45 am

Lewis Meeting Room

\$96/8

\$12/Drop-in

## PRENATAL YOGA

This yoga practice helps you adjust, strengthen and relax your body. It's a great way to develop connection to your body while preparing for childbirth. Come and meet other expectant moms. All levels are welcome.

**Instructor:** Akiko Shima

#48495 Wednesdays

July 10 - August 28

6:30 pm - 7:45 pm

Lewis Craft Room A

\$80/8

## CHAIR YOGA

(55 years & over)

Developed for those who cannot or do not feel comfortable on the floor. Focus is on breathing, body awareness, relaxation, stretching and gentle postures. We finish with a meditation to rejuvenate the body, mind and spirit.

**Instructor:** Catherine Reid

#48491 Tuesdays

July 9 - August 20

11:00 am - 12:00 pm

Native Sons Grand Hall

\$63/7

*All drop-ins are space permitting*

## THERAPEUTIC YOGA

A combination of mindful joint movements, somatics, restorative poses and breathing practice will develop greater awareness of specific parts of your body, find relief from pain and understand fully how your body works. Suitable for beginners through advanced practitioners.

**Instructor:** Akiko Shima

#48502 Fridays

July 12 - August 30

11:00 am - 12:30 pm

Lewis Meeting Room

\$96/8

\$12/Drop-in

## MEDITATION AND YOGA

Here is your chance to grow your Silent Sitting Meditation practice with the support of a group. We'll begin with a check-in followed by a Gentle Yoga practice and then sit for 20 - 25 minutes. Some meditation experience beneficial.

**Instructor:** Sheron Julita

#48506 Thursdays

July 11 - August 29

2:00 - 3:30 pm

Lewis Meeting Room

\$96/8





## 55+ HATHA YOGA

(55 years & over)

Gain improved flexibility, balance, strength, posture and a sense of well being. These mixed level classes will incorporate basic poses with options for increased challenge. **No class August 5.**

**Instructor:** Sheron Jutila

#48497 Mondays

**EG** July 8 - August 26  
2:00 - 3:30 pm

Filberg Rotary Hall  
\$72/7

Fridays

July 12 - August 30

#48499 10:00 - 11:30 am

#48498 2:00 - 3:30 pm

Native Sons Lower Level  
\$96/8

## FAMILY YOGA

(6 - 12 years)

Cultivate a sense of fun and play, and enrich your connection with your child. Whether you are a mom, dad, aunt or grandparent, Yoga is beneficial at any age. **No class August 3.**

**Instructor:** Diana Gama

#48771 Saturdays

July 6 - August 24

10:00 - 11:00 am

Lewis Salish Building  
\$84/7

## YOGA FOR HEALTHY JOINTS

(55 years & over)

This series of gentle postures focuses on bringing mobility to the joints. This class moves slowly, giving time to explore and modify as we go. The 'joint releasing series' can be used alone as a gentle practice or as a warm up for other activities.

**Instructor:** Sheron Jutila

#48504 Tuesdays

**EG** July 9 - August 27  
10:15 - 11:30 am

Lewis Meeting Room  
\$80/8

#48503 Thursdays

July 11 - August 29

10:00 - 11:30 am

Lewis Meeting Room  
\$96/8

## 55+ GENTLE YOGA

(55 years & over)

A blend of styles that includes mostly low to the ground poses with a bit of standing. A calming practice with stretching and easy strengthening poses. Suitable for those that are slow in getting up and down from the floor or have limited mobility. **No class August 5.**

**Instructor:** Sheron Jutila

#48496 Mondays

**EG** July 8 - August 26  
10:15 - 11:15 am

Filberg Rotary Hall  
\$63/7

## HATHA LEVEL 1

(18 years & over)

This class will introduce you to the basics of yoga postures and breathing practices. It differs from a Gentle Yoga class in that it assumes that you have a fundamental level of fitness, as well as little or no back pain. This class will help you develop strength and balance as well as flexibility, while giving you tools for stress reduction. **No class August 5.**

**Instructor:** Catherine Reid

#48492 Mondays

July 8 - August 19

6:00 - 7:00 pm

Lewis Meeting Room  
\$63/6

## HATHA LEVEL 2

(18 years & over)

If you've been taking classes for at least a year, and/or practicing on your own, consider joining this class. You'll need to be aware of your breath, and familiar with basic principles of alignment. You feel strong and balanced in standing poses, comfortable in Downward Dog, and you're ready to take your practice to the next level. **No class August 5.**

**Instructor:** Catherine Reid

#48493 Mondays

July 8 - August 19

7:15 - 8:45 pm

Lewis Meeting Room  
\$72/6

*Check receipts for important program information*

