

Fitness Workshop Series

RESOLUTION BOOTCAMP

Get your weekly dose of fitness! Using your own resolutions as a guide, our instructor will provide an intense, full body workout that will ensure you don't need to spend any other time at the gym!

Mon, Wed, or Fri Jan 16 – Feb 24 6:00am or 7:00am (Members \$30.50 / Non Members \$37)

WOMEN AND WEIGHTS

A small group workshop focused on teaching women the benefits and techniques of incorporating weights into their fitness routine. 30 minutes will be spent learning techniques and 15 minutes working out under instructor supervision.

Saturday Jan 21 – Feb 25 11:00am or 11:45am (Members \$26 / Non Members \$36)

TOTAL FITNESS

Looking for excitement in your workout? This 6 week class will introduce you to all the latest fitness trends including TRX, Kettlebells, Interval Training, Plyometrics, Flexibility and Resistance training. Get a great full body workout while learning new techniques!

Saturday Jan 21 – Feb 25 12:30pm – 1:30pm (Members \$42 / Non Members \$60)

PILATES FOR BEGINNERS

Join this Beginners Pilates course to learn the basic techniques of Pilates in a safe environment. You will benefit from a small group and personalized attention from the instructor.

Sunday Jan 21 – Feb 25 9:15am-10:15am (Members \$42 / Non Members \$60)

ADVANCED PILATES

This course will provide you with the personal attention needed to advance your Pilates practice. Focus will be on learning more difficult Pilates techniques in a small group.

Sunday Jan 21 – Feb 25 10:30am – 11:30am (Members \$42 / Non Members \$60)

Register

