

## EVENING YOGA

Relieve the stress of a hectic day with gentle yoga exercises, followed by a relaxation period. The instructor will go at a pace to accommodate those new to yoga.

(Instructor: Edward)

**Day:** Wednesday April 4 - June 20 (12 weeks)  
**Time:** 7:30pm-8:45pm  
**Fee:** \$98 (Older Adult \$79)

## POWER YOGA & PILATES

A combination of power yoga and pilates moves is combined in this energizing workout. Also incorporates stretching and strengthening of the back and abdominal muscles, proper breathing and more. Individual progress is emphasized. There are two levels offered: Level 1 is designed for beginners, or those wanting a lower intensity class. Level 2 is a more intense workout appropriate for those with previous experience. (Instructor: Tracy)

**Day:** Thursday April 5 - June 21 (12 weeks)  
**Time:** 9:15am-10:30am  
**OR**  
**Day:** Saturday April 7 - June 23 (12 weeks)  
**Time:** Level II 9:15am - 10:30am  
 Level I 10:40am-11:55am  
**Fee:** \$98 (Seniors \$79)



## SPRING EDITION

Did you know one 30 second burst of power increases hormones levels which boosts lean muscle and zaps fat!

If small classes with a professional trainer is something that you have been thinking about then this class is for you!

- It is specifically designed to integrate tough work-outs with the support and motivation of a team
- The activities are challenging and work different body parts and increase cardio endurance
- All activities are outdoors (weather permitted)
- Work at your own level
- Its like having a personal trainer for a fraction of the price!!!

**Day:** Tuesday and Thursday Apr 3- June 29  
**Duration:** 6 weeks - TWICE A WEEK!  
**Time:** 7:00am-8:00am (outdoors)  
**Fee:** \$108 per session  
**Session A - starts Tuesday April 3 - Thursday May 10**  
**Session B - starts Tuesday May 15 - Thursday June 21**

## AQUAFITNESS AT BIRCHMOUNT POOL

Aquatic fitness programs begin the week of April 2nd, and run for 11-12 weeks, ending on June 29. No classes Friday April 6 (Good Friday), April 9 (Easter Monday) and May 21st (Victoria Day).

Monday classes run for 8 weeks starting Monday April 2 - finishing June 4 - No classes on April 9th & May 21st

Tuesday classes run 9 weeks starting Tuesday April 3 - finishing May 29

Wednesday classes run 9 weeks starting Wednesday April 4 - finishing May 30

Thursday classes run 9 weeks starting Thursday April 5 - finishing May 31

Friday classes run 8 weeks starting Friday April 13 - finishing June 1 - No class Friday April 6

**Fee: \$63 for 1- 9 week program with adult membership. Each additional program from this page \$54**  
**\$48 for 1- 9 week program with senior membership. Each additional program from this page \$41**

### AQUAFITNESS

Monday	9:00-10:00am	Lucie
Monday	8:00-9:00pm	Janet
Wednesday-Advanced	9:00-10:00am	Kathleen
Thursday	8:00-9:00pm	Dawn
Friday-Advanced	9:00-10:00am	Kathleen

### MUSCLE WATER WORKOUT

Monday	9:00-10:00am	Kathleen
Monday	10:00-11:00am	Kathleen
Wednesday	10:00-11:00am	Kathleen

**AQUA CROSSFIT**

Friday	10:00-11:00am	Kathleen
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## Child Care for weekday morning programs - IMPORTANT CHANGES

Child care may be available for parents attending weekday morning programs from 9:00 - 12:00. The cost is \$8 per hour per child. Children have to be between 6 months - 6 years old. If this service is required, **payment must be made at the time of registering for the program.** For a 12 week program, the fee will be \$84. The day of the week and time must also be specified.

**Fee: \$72 for 1-12 week program with adult membership. Each additional program from this page \$61**  
**\$54 for 1- 12 week program with senior membership. Each additional program from this page \$46**  
**\$84 longer programs seniors \$60(1hr. 15min.)**

### DAY PROGRAMS

Monday morning classes run for 10 weeks starting Monday Apr. 2 - Finishing June 25 - No classes on April 9th & May 21st  
 Tuesday morning classes run 12 weeks starting Tuesday Apr. 3 - finishing June 19  
 Wednesday morning classes run 12 weeks starting Wednesday Apr. 4 - finishing June 20  
 Thursday morning classes run 12 weeks starting Thursday Apr. 5 - finishing June 28 - No class registration  
 Friday morning classes run 12 weeks starting Friday Apr. 6 - finishing June 29 - No class on April 6th Good Friday

Monday	Cardio Challenge	9:10-10:10am	Lauren
Monday	Muscle Power - ALL LEVELS	10:15-11:15am	Lauren
Tuesday	Body Sculpting	9:15-10:30am	Ester
Wednesday	Cardio Challenge	9:15-10:15am	Lauren
Thursday	Step & Pump	9:15-10:30am	Lauren
Friday	Body Sculpting	9:15-10:30am	Ester

### EVENING PROGRAMS

Monday evening classes run for 11 weeks starting Monday Apr. 2 - Finishing June 25 - No classes on April 9th & May 21st  
 Tuesday evening classes run 12 weeks starting Tuesday Apr. 3 - finishing June 19  
 Wednesday evening classes run 12 weeks starting Wednesday Apr. 4 - finishing June 20  
 Thursday evening classes run 12 weeks starting Thursday Apr. 5 - finishing June 21  
 Friday evening classes run 12 weeks starting Friday Apr. 6 - finishing June 29 - No class on April 6th

Monday	Mixed Cardio & Weights	6:30-7:30pm	Lauren
Monday	Zumba	7:35-8:35pm	Marissa
Monday	Pilates - Stability Ball (Must have ball)	6:15-7:15pm	Jeanette
Tuesday	Muscle Power	6:15-7:15pm	Lauren & Eduardo
Tuesday	20/20/20	7:20-8:20pm	Lauren & Eduardo
Wednesday	Boot Camp for All	6:20-7:20pm	Teresa
Thursday	Zumba	6:30-7:30pm	Marissa
Thursday	Muscle Power	7:40-8:40pm	Jeanette

### WEEKEND PROGRAMS

Classes run for 12 weeks starting Apr 7 - finishing June 30

Saturday	Step & Pump	9:15-10:15am	Lauren
Saturday	Muscle Power	10:30-11:30am	Lauren



# Fitness Description

## AQUA FITNESS

In chest-deep water, you will work to improve your cardiovascular fitness and muscle tone through low impact movements. The water allows participants to work at their own pace. You do not have to know how to swim to participate in this workout.

## MIXED CARDIO & WEIGHTS

A cardio & weight class using different formats of cardio each week (to keep the body guessing), like step, low impact, retro aerobics, bootcamp, drills and etc. Plus abdominal work and stretching.

## CARDIO CHALLENGE/MIXED CARDIO & WEIGHTS

For beginner to advanced levels. This class consists of a warm-up, a "cardio" portion to increase heart rate, abdominal exercises and a relaxing cool down. Mixed cardio has additional free weights component.

## PILATES - STABILITY BALL

Pilates exercises targets your core - a set of deep muscles close to your skeleton. Some of these muscle groups are difficult to work through conventional programs like step aerobics and bench presses. When you integrate stability and medicine ball exercises into your Pilates workout, the result is long, lean muscles and balanced body strength. An exercise ball adds the resistance and instability you need to take your core work to the next level.

## MUSCLE POWER

Muscle conditioning class, with exercises designed to strengthen both lower and upper body and improve muscle tone. Stretch and small cardio component included.

## ZUMBA

Zumba is a fusion of aerobics and latin moves that will burn calories and tone the body. It combines high energy and motivating music with easy to follow dance routines that will allow participants to achieve long term health benefits. Participants will learn to dance to Salsa, Merengue, Cha Cha, Cumbia, Reggaeton and Belly Dance to name a few. Zumba is a "feel good" workout for both body and mind. No dance experience necessary.

The following programs are appropriate for intermediate to advanced levels of fitness. Previous experience in fitness is required.

## STEP & PUMP

This class combines basic step moves with muscle sculpting exercises using weights. Previous step experience is not required. Ab work is also included.

## 20/20/20

If you want both a cardio and muscle workout, this all-in-one class is for you. It is designed to include 20 minutes of step aerobics, 20 minutes of conditioning for both the upper and lower body and 20 minutes of cardio (mixed impact or boxercise).

**Note: Step moves will be basic enough for the beginner stepper and the order of each component will be different each week to challenge you.**

## BODY SCULPTING

Weights resistance training is used to tone and shape all major muscles in your body. Weight is gradually increased for maximum benefit. All weight levels can be used, including moderate to heavy weights.

No cardio component.

## MUSCLE WATER WORKOUT

Muscle Water Workout is a unique & challenging water fitness class that combines resistance training, cardiovascular conditioning and flexibility to provide participants with all the elements of a dynamic workout. This class is ideal for people who have at least a moderate level of fitness and are looking for cross-training and a challenging fitness regime. Hand weights are used in the water for the entire class and both upper and lower body work is performed with an emphasis on the abdominal core.

## AQUA CROSS-FIT

A dynamic water class performed in both shallow and deep water. This class combines a mix of fitness components (cardio, strength and core work) with a focus on getting your body into the best shape ever.

## BOOT CAMP FOR ALL

Once a week introductory bootcamp focusing on strength, endurance & cardio. Lead by a professional trainer.