

# SPRING SCHEDULE



## GROUP PT & GROUP FITNESS STUDIO 231 Main St Picton

DAY	PROGRAM	TIME	Dates	COST
MONDAYS	P90X Live	7:30 – 8:30 am	Mar 27 – Jun 26  (No groups or classes on May 22)	Group Session Rate: \$10.00 +hst/class Drop in Rate: \$15.00 Lunch Express: \$48.00 +hst/month Drop In Rate: \$10
	Power Hour	9:15 – 10:15 am		
	Circuit Fit	10:30 – 11:30 am		
	Just Cycle – Lunch Express	12:15 – 12:45 pm		
	Circuit Fit	1:00 – 2:00 pm		
	Running Group	6:00 – 7:00 pm		
TUESDAYS	Piloga Powers™	9:15 – 10:15 am	Mar 28 – Jun 27	Session Rate: \$10.00 +hst/class Drop in Rate: \$15.00
	Circuit Fit	10:30 – 11:30 am		
	TeenFit	3:30 – 4:30 pm		
	Essentrics – Classic Stretch	5:30 - 6:30 pm		
	Bro Power	6:45 – 7:45 pm		
WEDNESDAYS	Just Cycle	6:30-7:15 am	Mar 29 – Jun 28	Group Session Rate: \$10.00 +hst/class Drop in Rate: \$15.00 Lunch Express: \$48.00 +hst/month Drop In Rate: \$10.00
	Power Hour	7:30 – 8:30 am		
	P90X Live	9:15 – 10:15 am		
	P90X Live	10:30 – 11:30 am		
	P90X Live -Lunch Express	12:15 – 12:45 pm		
	Circuit Fit	1:00 – 2:00 pm		
	Power Hour	5:30 – 6:30 pm		
	Power Trainer	6:30 – 7:30 pm		
THURSDAYS	P90X Live	6:30 – 7:15 am	Mar 30 – Jun 29	Session Rate: \$10.00 +hst/class Drop in Rate: \$15.00
	Essentrics – Classic Stretch	9:15 – 10:15 am		
	TeenFit	3:30 – 4:30 pm		
	YogaFit Flow	5:30-6:30 pm		
FRIDAYS	County Circuit	7:30 – 8:30 am	Mar 31 – Jun 30	Group Session Rate: \$10.00 +hst/class Drop in Rate: \$15.00 Lunch Express: \$48.00 +hst/month Drop In Rate: \$10
	County Circuit	9:15 – 10:15 am		
	Circuit Fit	10:30 – 11:30 am		
	County Circuit – Lunch Express	12:15 – 12:45 pm		
SATURDAYS	Running Group	7:30 am-8:45 am	Apr 1 –Jun 24	Session Rate: \$10.00 +hst/class Drop in Rate: \$15.00
	50 Shades of Fitness	9:00 – 10:00 am		

## GROUP PT & GROUP FITNESS STUDIO Wellington Arena

DAY	PROGRAM	TIME	Dates	COST
MONDAYS	Essentrics	9:30 – 10:30 am	Mar 27 – Jun 26	Group Session Rate: \$10.00 +hst/class Drop in Rate: \$15.00
	<b>BellyFit - NEW</b>	6:00-7:00 pm		
TUESDAYS	Circuit Fit	9:30 – 10:30 am	Mar 28 – Jun 27	Group Session Rate: \$10.00 +hst/class Drop in Rate: \$15.00
	<b>Walking Circuit \$5 Session Special</b>	6:30 – 7:30 pm		
WEDNESDAYS	Essentrics	9:30 – 10:30 am	Mar 29 – Jun 28	Group Session Rate: \$10.00 +hst/class Drop in Rate: \$15.00 PT Rate: \$15.00 +hst/group
	Power Trainer	6:30-7:30 pm		
THURSDAYS	<b>Walking Circuit \$5 Session Special</b>	9:30 – 10:30 am	Mar 29 – Jun 28	Group Session Rate: \$10.00 +hst/class Drop in Rate: \$15.00
	The UC Boot Camp	6:30-7:30 pm		

# SPRING SCHEDULE



## Group Training / Fitness Class Descriptions

<p><b>Power Hour</b> This truly is a full-body fitness experience. Using dumb bells, you will develop your cardiovascular fitness through combinations of upper and lower body movements along with 25 minutes of cycling. This class will leave you feeling like you've had a total workout.</p>	<p><b>P90 X Live</b> P90X Live is a full-body, strength training format, featuring four unique blocks of work: Cardio X, Lower Strength, Upper Strength and X Core. This class is suitable for all fitness levels, is fully modifiable for beginners and those with specific needs.</p>	<p><b>Power Trainer</b> This high intensity power session is designed to define &amp; tone your body. Using dumb bells, kettle bells, bands and balls you will be putting your body to the test.</p>
<p><b>Circuit Fit</b> This low impact program is perfect for beginners or those transitioning for the Heart Sense Program. It alternates between cardio and strength training stations emphasising balance, strength, flexibility and core. This class incorporates free weights, bands and balls to address muscle mass decline.</p>	<p><b>The Ultimate challenge Bootcamp (The UC)</b> Our trainers do fitness old school – having you burn 400-600 calories with running/walking, push-ups, sit ups, and a lot of good hard work. The UC is a no fluff program that challenges the entire body. You can expect the unexpected with this class.</p>	<p><b>TeenFit</b> This class is offers teens an opportunity to step away from the traditional school physical education lessons and sports, to show that physical activity can be different and fun! Classes include a mix of strength and fitness exercises using a variety of equipment. Classes aim to improve health, well-being and fitness.</p>
<p><b>County Circuit</b> This high intensity interval training class will incorporate cardio and strength exercises to have your muscles burning and heart pumping in no time.</p>	<p><b>Just Cycle and Core</b> This class provides a terrific 30-minute endurance ride with climbs, flats and sprints, then finishes with a 10-minute intense abdominal workout and stretch.</p>	<p><b>Walk/Run Circuit</b> Join us for a one-hour class that alternates between walking and running activities with stations emphasising balance, strength, and flexibility.</p>
<p><b>Bro Power</b> Gather the lads and spend 25 minutes cycling followed with 35 minutes of resistance training, abdominals and stretching. Get ready to work while having a blast.</p>	<p><b>50 Shades of Fitness</b> 50 exercises in 60 minutes. This class will be nonstop flow of exercises for 60 minutes of fitness. You will work from head to toe.</p>	<p><b>Lunch Express</b> Get in, burn a ton of calories, and get on with your day! Who doesn't have time for that? Just 30 minutes.</p>
<p><b>Piloga Powers™</b> - Piloga Powers™ is a conditioning routine that uses the foundations of Pilates &amp; yoga to bring awareness to structural and muscular imbalances of the body. This class seeks to build flexibility, strength, endurance, and coordination without adding muscle bulk.</p>	<p><b>Essentrics</b> – This is a completely original workout that draws on the flowing movements of tai chi which create health and balance, the strengthening theories behind ballet which create long, lean, flexible muscles and the healing principles of physiotherapy which create a pain free body.</p>	<p><b>VogaFit Flow</b> This hour-long class is based on flowing one yoga pose into the next, as you move with the breath. This vinyasa style of class incorporates sun salutations and classical hatha &amp; ashtanga-based sequences. With practice, you will gain flexibility, stability and strength. It is suitable for all levels. You can expect to feel calm, strong, open and stretched afterwards!</p>
<p><b>Running Group</b> Are you looking for Half Marathon or Half of a Half Marathon Training? Whether it's your first time in a racing bib, you just need a little help with training runs or you are trying to become healthier, we've got a schedule that will get you across the finish line to your goal. Join the ranks and learn the steps you need to take to be successful. We also provide healthy eating, exercise recommendations and group support.</p>	<p><b>BellyFit</b> Bellyfit® Strong Sexy Sacred™ is the ultimate holistic fusion of Dance, Fitness and Yoga. Set to a soundtrack of the best electronic dance music and ambient tracks available, you'll get 40 minutes of sweaty, high energy cardio, 10 minutes of targeted + full body core work and 10 minutes of relaxing stretches to finish it off.</p>	<p><b>FEE OPTIONS</b> 1 Class per week - \$10.00 +HST 2 Classes per week - \$20.00 +HST (Just register for the entire session)</p> <p><b>Monthly Fee Option</b> 3-4 Classes per week - \$95.00 +HST/Month</p> <p><b>10 Pass Option</b> - \$120.00 +hst Can be used anywhere on the PT &amp; GF Studios in Picton or Wellington. The Picton Wellness Studio is not included in the above options.</p>

### Payment Options

We accept cash, check, e-transfer or credit card (Surcharges apply to all credit card purchases)

### Studio Etiquette

**Arrival Time** - It is important that we respect all training groups and classes. Please arrive not more than 10 minutes prior to your group or class. If your start time is close to the ending of another group, it is important to maintain a quiet environment so not to disrupt the stretching/relaxation portion of the group ahead of you.

**Equipment Required** – INDOOR SHOES ONLY! Please bring your own yoga mats, towel and water.

**Make Up Classes** – 24 hours' notice must be given to be entitled to a make-up class. Your trainer will explain the policies surrounding make-ups.

Make up classes are limited by available space and are not guaranteed.