

# FALL SCHEDULE



## GROUP PT & GROUP FITNESS STUDIO

Rotary Hall – Wellington Arena

DAY	PROGRAM	TIME	Dates	COST
MONDAYS	Early Bird 50 Shades of Fitness	6:30 – 7:30 am	Oct 2 <sup>nd</sup> – 30 <sup>th</sup> (No groups on Oct 9 <sup>th</sup> )	Group Session Rate: \$15.00 +hst/class
	Essentrics	9:30 – 10:30 am	Oct 2 <sup>nd</sup> – Dec 18 <sup>th</sup> (No groups or classes on Oct 9 <sup>th</sup> & Dec 25 <sup>th</sup> )	Group Session Rate: \$10.00 +hst/class Drop in Rate: \$15.00
	BellyFit	6:45 - 7:45 pm		
TUESDAYS	Circuit Fit	9:30 – 10:30 am	Oct 3 <sup>rd</sup> – Dec 25 <sup>th</sup> (No groups or classes on Oct 31 <sup>st</sup> )	Group Session Rate: \$10.00 +hst/class Drop in Rate: \$15.00
WEDNESDAYS	Early Bird 50 Shades of Fitness	6:30 – 7:30 am	Oct 4 <sup>th</sup> – 30 <sup>th</sup>	Group Session Rate: \$15.00 +hst/class
	Essentrics	9:30 – 10:30 am	Oct 4 <sup>th</sup> – Dec 27 <sup>th</sup>	Group Session Rate: \$10.00 +hst/class Drop in Rate: \$15.00
THURSDAYS	Heart Sense Fitness	9:30 – 10:30 am	Oct 5 <sup>th</sup> – Dec 28 <sup>th</sup>	Group Session Rate: \$10.00 +hst/class Drop in Rate: \$15.00

## Group Training / Fitness Class Descriptions

<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>Early Bird - 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>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>FEE OPTIONS</b> 1 Class per week - \$10.00 +HST 2 Classes per week - \$20.00 +HST (Required to 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>	<p><b>Walk Circuit – Heart Sense Fitness</b> Join us on the track for a one-hour class that alternates between walking activities with stations emphasising balance, strength, and flexibility. This class is designed to help strengthen the heart along with the rest of the body.</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.