

# FALL SCHEDULE

October 2<sup>nd</sup> – December 30<sup>th</sup> 2017



## GROUP PERSONAL TRAINING & GROUP FITNESS STUDIO

231 Main St Picton

DAY	PROGRAM	TIME	Dates	COST
MONDAYS	Power Hour	7:30 – 8:30 am	Oct 2 <sup>nd</sup> – Dec 18 <sup>th</sup>  (No groups or classes on Oct 9 & Dec 25)	Group Session Rate: \$10.00 +hst/class Drop in Rate: \$15.00 Lunch Express: \$48.00 +hst/month Drop In Rate: \$10
	Power Trainer	9:15 – 10:15 am		
	Circuit Fit	10:30 – 11:30 am		
	Power Burn - Lunch Express	12:15 – 12:45 pm		
	Circuit Fit	1:00 – 2:00 pm		
	County Circuit	5:30-6:30 pm		
	Bro Powers	6:30-7:30 pm		
TUESDAYS	Piloga Powers™	9:15 – 10:15 am	Oct 3 <sup>rd</sup> – Dec 19 <sup>th</sup>	Session Rate: \$10.00 +hst/class Drop in Rate: \$15.00
	Belly Fit	1:30-2:30 pm		
	50 Shades of Fitness	3:00-4:00 pm		
	Essentrics – Classic Stretch	5:30 – 6:30 pm		
	Zumba – Picton Arena	7:00-8:00 pm		
WEDNESDAYS	Power Trainer	7:30 – 8:30 am	Oct 4 <sup>th</sup> – Dec 20 <sup>th</sup>	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	9:15 – 10:15 am		
	Circuit Fit	10:30 – 11:30 am		
	Power Burn -Lunch Express	12:15 – 12:45 pm		
	Circuit Fit	1:00 – 2:00 pm		
	Power Hour	5:30 – 6:30 pm		
	Living In Balance	6:30 – 7:30 pm		
THURSDAYS	Essentrics – Classic Stretch	9:15 – 10:15 am	Oct 5 <sup>th</sup> – Dec 21 <sup>st</sup>	Session Rate: \$10.00 +hst/class Drop in Rate: \$15.00
	OsteoFitness	10:30-11:30		
	YogaFit	5:30-6:30		
FRIDAYS	County Circuit	7:30 – 8:30 am	Oct 6 <sup>th</sup> – Dec 22 <sup>nd</sup>	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		
	Power Burn – Lunch Express	12:15 - 12:45 pm		
	Instructors Choice	5:00 - 6:00 pm		
SATURDAYS	50 Shades of Fitness	9:00 – 10:00 am	Oct 7 <sup>th</sup> – Dec 23 <sup>rd</sup>	Session Rate: \$10.00 +hst/class Drop in Rate: \$15.00

### Payment Options

We accept cash, cheque, 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.

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### Group Training / Fitness Class Descriptions

<p><b>Circuit Fit</b> This low impact program is perfect for beginners or for those looking for a gentler workout option. 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><i>Class Type – Cardio/Strength/Flexibility</i></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><i>Class Type – Strength/Flexibility</i></p>	<p><b>Piloga Powers™ -</b> This 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><i>Class Type – Strength/Flexibility</i></p>
<p><b>County Circuit</b> This program is a HIIT! Our high intensity interval training program will incorporate cardio and strength exercises to have your muscles burning and heart pumping in no time. End the class with a welcoming stretch.</p> <p><i>Class Type – Cardio/Strength/Flexibility</i></p>	<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><i>Class Type – Cardio/Strength/Flexibility</i></p>	<p><b>YogaFit</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><i>Class Type – Strength/Flexibility</i></p>
<p><b>Bro Power</b> Gather the lads and spend 25 minutes cycling followed with 35 minutes of resistance training, abdominals and stretching. Finish the workout with a nice sample of local brew.</p> <p><i>Class Type – Cardio/Strength/Flexibility</i></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>Great after school class for those teachers out there. (Tuesdays)</p> <p><i>Class Type – Strength/Flexibility</i></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><i>Class Type – Strength/Flexibility</i></p>
<p><b>Ladies Night Out!</b> Gather the ladies and spend 25 minutes cycling followed with 35 minutes of resistance training, abdominals and stretching. Finish the workout with a nice sample of local wine.</p> <p><i>Class Type – Cardio/Strength/Flexibility</i></p>	<p><b>Living In Balance – Biggest Loser Program</b> Are you looking to lose some bad habits and create some great ones. Are you ready to take a new direction with your fitness &amp; nutrition? This is the program for you. See where you get in 92 days. This Program includes multiple days that are booked upon registration and a special rate.</p> <p><i>Class Type – Cardio/Strength/Flexibility</i></p>	<p><b>Power Burn - 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><i>Class Type – Cardio/Strength/Flexibility</i></p>
<p><b>Running Group</b> 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 (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 - \$120.00 +hst</b> Can be used anywhere on the PT &amp; GF Studios in Picton or Wellington provided there is space.</p>