

WINTER SCHEDULE

ROTARY HALL WELLINGTON



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TUESDAY

Circuit Fit

9:30am - 10:30am

Heart Sense Fitness

10:45am - 11:30am

Walking Circuit

6:30pm - 7:30pm

WEDNESDAY

Essentrics

9:30am - 10:30am

THURSDAY

Walking Circuit

9:30am - 10:30am

The Ultimate Bootcamp

6:30pm - 7:45pm

HEART SENSE FITNESS

The Heart Sense Program is a group program focusing on prevention, post-rehabilitation and health maintenance. It is designed to help those who currently have or are at risk of having a chronic health condition. The goal of the Heart Sense Fitness Program is to improve their functional capacity and quality of life, reduce risk factors and to create a sense of well-being and optimism about their future. Health education, cardiovascular, resistance training and flexibility training are all part of this program.

ESSENTRICS

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

\$6 CLASSES!

WALK CIRCUIT

Join us on the track for a one-hour class that alternates between walking activities and stations emphasizing balance, strength, and flexibility. This class is designed to help strengthen the heart along with the rest of the body.

THE ULTIMATE CHALLENGE BOOTCAMP

Kristen does fitness old school - having you burn 400-600 calories with running/walking, push-ups, sit ups, weights and a lot of good hard work? The UC is a no puff, no fluff program that challenges the entire body. You can expect the unexpected with this class.

*Ask us about pricing or visit our website for more details