

# SPRING SCHEDULE

## ROTARY HALL WELLINGTON



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### MONDAY

APRIL 2 - JUNE 25

**Essentrics For Golf**  
9:30am - 10:30am

**Semi Private Training**  
10:15am - 11:00am

### TUESDAY

APRIL 3 - JUNE 26

**Circuit Fit - Osteofit**  
9:30am - 10:30am

**Semi Private Training**  
10:45am - 11:30am

**Circuit Fit**  
6:30pm - 7:30pm

### WEDNESDAY

APRIL 4 - JUNE 27

**Essentrics**  
9:30am - 10:30am

**Heart Sense Fitness**  
10:45am - 11:30am

### THURSDAY

APRIL 5 - JUNE 28

**Walking Circuit**  
9:30am - 10:30am

**Semi Private Training**  
10:45am - 11:30am

#### ESSENTRICS FOR GOLF

Give Your Golf Swing Maximum Power with Essentrics! Essentrics is an exercise program that simultaneously strengthens and stretches every muscle of the body from your fingers to your toes. This class is specifically designed to help you build strength, power and increase range of motion to improve your performance while enjoying golf.

#### CIRCUIT FIT - OSTEO FIT

This low impact program is perfect for beginners or those transitioning from the Heart Sense Program. It alternates between cardio and strength training stations emphasizing balance, strength, flexibility and core. This class incorporates free weights, bands and balls to address muscle mass decline.

#### SEMI PRIVATE TRAINING

Looking to kick it up a notch. With a combined effort from our Trainers, Fitness Powers has designed a program that lets you decide what you want to sculpt. Upper body, lower body or full body, we have got you covered. We will progress each of you at your own pace so that you are challenged appropriately during each training session, 3-5 participants only!

#### 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 long, lean, flexible muscles and the healing principles of physiotherapy which create a pain free body.

#### HEART SENSE FITNESS - SMALL GROUP

The Heart Sense Program is a program that focuses 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 functional capacity and quality of life, reduce risk factors and to create a sense of well-being and optimism about one's future. Health education, cardiovascular, resistance training and flexibility training are all part of this program.

#### 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.

#### 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.

**To register visit**  
[www.fitnesspowers.ca](http://www.fitnesspowers.ca) or  
**contact us at Fitness Powers**