

**SPRING/SUMMER SCHEDULE**  
**DROP IN FITNESS PROGRAMS – APRIL 1 - SEPT 5**

FITNESS CLASSES WILL **NOT** BE OFFERED ON THE FOLLOWING DAYS:

**April 3/4      May 24/25      July 1      Aug 1/2      Sept 5/6**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>TOTAL AEROBIC CHALLENGE</b> 9:15-10:10am <i>Gym</i>	<b>BELLYFIT</b> 9:15 – 10:10AM <i>Gym</i>	<b>TOTAL BODY CHALLENGE</b> 9:15-10:10am <i>Gym</i>	<b>BOXFIT</b> 9:15 – 10:10am <i>Gym</i>	<b>TOTAL STEP CHALLENGE</b> 9:15-10:10am <i>Gym</i>	<b>BALL &amp; STRENGTH</b> 9:00 - 10:15AM <i>Craigflower Room</i>	* <b>YOGA STRETCH</b> 11:00am – 11:45am
<b>STRETCH &amp; STRENGTH</b> 9:00 – 9:55am <i>Craigflower Room</i>		<b>OSTEO FIT</b> 9:00– 9:55am <i>Craigflower Room</i>	<b>STRETCH &amp; STRENGTH</b> 9:00 – 9:55am <i>Craigflower Room</i>			
<b>CARDIO FIT</b> 10:15 – 11:15am <i>Craigflower Room</i>						
<b>POWER CIRCUIT</b> 12:10-12:55pm <i>Gym/Outdoor</i>	<b>DROP- IN BEGINNER FLOW YOGA</b> 12:15-1:00pm <i>Craigflower Room</i>	<b>POWER CIRCUIT</b> 12:10-12:55pm <i>Gym/Outdoor</i>	<b>MIXED INTEVAL CHALLENGE</b> 12:10-12:55pm <i>Gym</i>	<b>DROP-IN HATHA YOGA</b> 12:15-1:00pm <i>Craigflower Room</i>	<b>BOLD</b> Denotes times that the childminding program is available.  <b>Shading</b> low impact/lower intensity classes <b>STRETCH &amp; STRENGTH, CARDIO FIT, OSTEOFIT:</b> option to sit or stand in these classes  <b>Green Shaded</b> indicates classes that DO NOT take place during August	
<b>BOXFIT</b> 5:30-6:25pm <i>Gym</i>	<b>JAZZERCISE</b> 5:15 – 6:10PM <i>Gym</i>	<b>CORE TO THE FLOOR</b> 6:10 – 6:45pm <i>Gym</i>	<b>BELLYFIT</b> 5:15-6:10pm <i>Gym</i> <b>Until June 24</b>			
<b>ABS LAB</b> 6:30-6:55pm <i>Gym</i>			<b>GROOVE/ PILATES</b> 5:15-6:10pm <i>Gym</i> <b>July/Aug</b>	<i>Groove July 8 Pilates July 15 Alternating weeks</i>		

**Should participation rates fall below the minimum acceptable level on an ongoing basis classes may be changed or discontinued. Class format & instructor may change without notice.**

### **CARDIO FIT**

Keep your heart healthy and strong in this fun simple to follow, low impact aerobics workout, followed by resistance exercises. Move at your own pace to music of the 60's & 70's.

### **STRETCH & STRENGTH**

Improve your balance, flexibility, and coordination in this fun and gentle class. Option to sit or stand.

### **OSTEO FIT**

Promotes fitness & bone health through gentle weight bearing exercise. Some seated, some standing.

### **BellyFit**

BellyFit is the world's first standardized Belly Dance Fitness Class that combines Belly Dance, with the effectiveness of modern fitness. Join Master Instructor Alice Bracegirdle for fabulous hip shaking cardio moves. Also included are Pilates & Yoga inspired exercises to satisfy both mind & body.

### **Mixed Interval Challenge**

Mix cardio intervals with sets of strength training exercises to peak your lunch time calorie burn. Using steps, weights, bands & balls. This short high intensity workout can be modified for any level & will keep you pumped for the rest of our day!

### **Ball & Strength**

This dynamic class will challenge your balance, improve your muscle tone and work the core using stability balls and free weights. This class is 65 minutes long.

### **Total Challenge Classes**

Give your energy a boost through each of these dynamic classes:

Total Aerobic Challenge – gets you moving with fun and easy to follow combinations.

Total Body Challenge - begins with high/low aerobics to warm you up, follows with functional muscle toning exercises using the step, body bar & hand weights. Low choreography.

Total Step Challenge - begins with a high energy cardio step class, followed by muscular endurance exercises to help tone the body.

### **NEW NIGHT <PLEASE PUT IN CIRCLE> Core to the Floor**

This class combines exercises that target and sculpt the lower body and abdominals.

### **Box Fit**

Punch and kick your way to fitness. Work the upper body with shadowbox exercises, combine that with kick combos that target the lower body and you have one kick'in combination.

### **Abs Lab**

Concentrated abdominal and lower back work, followed by a deep stretch.

### **Power Circuit**

Always changing, this lunch hour workout will make you sweat. Cardio bursts mixed with strength & endurance moves. Body weight, tubes, weights, med balls, & steps. No choreography, circuit style.

### **NOTE TIME CHANGE <PLEASE PUT IN CIRCLE> Drop-In Beginner Flow & Hatha Yoga**

Take some time out of your day to experience the tranquility of this class. Participants perform a series of poses and breathing exercises designed to stretch and strengthen your body and calm the mind & spirit! Space is limited so show up early!

### **NEW <PLEASE PUT IN CIRCLE> Yoga Stretch**

This class combines yoga poses with fitness stretches to bring balance and flexibility to the body. Finish the class with a regenerating relaxation period. Suitable for all levels.

### **Jazzercise**

Dance yourself FIT! Cardio, strength, and stretch for a total body dance workout. Includes moves from hip-hop dance, jazz dance, yoga, pilates, and kickboxing. All levels welcome!

**\*Please be advised that space is limited for all drop-in yoga classes. Limited yoga mats available to borrow. If you have a mat please bring it to class. Yoga mats are also available for purchase at the front desk.**

### **IS PERSONAL TRAINING FOR YOU?**

- **Are you new to a weight room & need guidance with your fitness goals?**
- **Are you a recreational athlete wanting an off season training plan?**
- **Are you a seasoned fitness enthusiast needing new ideas or motivation?**
- **Has your doctor told you “you have to start exercising”?**

**For all these reasons, and more, Personal Training at Esquimalt is for you. Let our trainers help you achieve your goals!**

*If you are managing illness or injury you may be required to provide current doctors recommendations prior to starting your personal training sessions. Please call 250 412 8502 to inquire.*

### ***Purchase multiple sessions and save!***

Option 1: 3 X 60 minutes sessions: \$120

Option 2: 6 X 60 minutes sessions: \$288

Option 3: 9 X 60 minutes sessions: \$324

### ***Semi-private sessions are also available (2 people/session)***

Option 1: 3 X 60 minutes sessions: \$72/person

Option 2: 6 X 60 minutes sessions: \$137/person

Option 3: 9 X 60 minutes sessions: \$199/person

### **PERSONAL TRAINING FAST TRACK<Please format in box to make stand out>**

Commit & Save. Are lack of motivation & time the excuses you give for not going to the gym? Let our FAST TRACK program help you reach your fitness goals. 13 sessions over 6 weeks with your own personal trainer. 3 sessions a week – 2 with a trainer, 1 on your own.

Private Option: 13 X 60 minutes sessions: \$385

Semi-Private Option: 13 X 60 minutes sessions: \$242/person

<make stand out>Visit our website for ongoing personal training promotions

<make stand out>See page XX for our NEW Small Group Personal Training Sessions

### **WELLNESS CENTRE ORIENTATIONS**

Book an orientation session (complimentary with a drop-in) with one of our certified attendants and learn some simple tips & hints to exercising in a safe and effective manner. Youth orientations include a quiz and require parental consent for participation. Call 250 412 8502 to book.