

# Group Exercise WINTER Schedule - January 11 - 31, 2010

**(403)327-1121**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8:00am</b>	<b>Anti-aging</b> DP11/18/25	UpperCut Lab™	<b>Anti-aging</b> DP13/20/27	Below the Belt Lab™	<b>Anti-aging</b> NZ15/22/29		
<b>9:00am</b>	<b>Bodyworks</b> KZ11/18/25	<b>Drills and Skills</b> NZ12/26JJ19	<b>BoogieBox™</b> Speciality Class JE13/27JW20	<b>FlexBar</b> JE14/21/28	<b>Step &amp; Flex</b> NZ15/22/29	9:10Core Blast Lab™	
<b>10:00am</b>	<b>Stepography</b> JW11/25JE18	<b>TBC Bender Ball™</b> NZ12/19/26	<b>Cardio Frenzy</b> JE13/27JW20	<b>FlexFlow Yoga</b> KB14/21/28	<b>CycleCircuit Lab™</b> PowerBall Lab™	9:45- 11:00am OptimalConditioning	
<b>12:05pm</b> (50min)	<b>ExpressFlexBar</b> AG11/25JJ18	<b>ExpressStep</b> JE12/26NZ19	<b>ExpressBodyworks</b> KZ13/20/27	<b>ExpressCardioInterval</b> AUL14/21/28	<b>StrongHealthyCore</b> JS15/29ML22	JE16/30JS23	
<b>5:00pm</b>	<b>Stepography</b> JE11/25JW18		<b>Instructor Choice</b> JW13/27JE20	<b>Bodyworks</b> JD14/28JW21		<b>**NOTE: All Labs taught by a Personal Trainer from the Personal Training Team</b>	
<b>6:00pm</b>	<b>FoundationBenderBall™</b> JD11/18/25	<b>UpperCut Lab™</b> Below the Belt Lab™		<b>Weight Loss Lab™</b> PowerBall Lab™	<b>Cycle 101 Lab™</b> Wednesday 5:15	<b>Power Pacing</b> Cycling Circuit Monday 5pm	RPM Endurance Ride Once a month
<b>7:00pm</b>		<b>Restorative Yoga</b> ML12/19/26	<b>Drill and Skills</b> JD13/20/27		will return in Feb.	JD11/18	Jan.25 at 5pm -JD

**Kathy Maier - Wellness Director (KM)**

**JD - June Dow**

**JW - Jeannie Williamson**

**DZ - Darcy Zimmerman**

**KZ - Kristina Zemp**

**AUL - Audy Leavitt**

**DP - Deb Palmer**

**JE - Jody Evanson - Premier Pro Instructor**

**NZ - Norma Zemp**

**JS - Janae Smith**

**AG - Ada Gook**

**KB - Kelly Bester**

**EJ - Elaine Jagielski**

**ML-Mackenzie Lowe**

**PL - Pam Lussier**

**MB - Mandy Butler**

**JJ - Jackie Jerome**

**JI - Jennifer Ing**

**TE -Tara Easthope**

**SD - Sharla Dyck**

**ADL - Ada Larsen**

**LS - Laura Sanford**

## FIT FOR LIFE™ Anti-Aging Programs

Enjoy these classes designed to allow you to improve your Quality of Life. These classes target ladies who are concerned with aging, preventing or managing Osteoporosis, Arthritis, Fibromyalgia and injuries. Using the latest research and information for the aging, these classes are designed to remain simple, encouraging and most of all Fun!

### Stronger Bones - NEW

Mondays - 8:00am - 8:55am

This is a 55 minute workout designed for those who are interested in preventing aging signs and injuries through resistance exercises.

### Moving to the Oldies - NEW

Wednesdays - 8:00am - 8:55am

Learn to dance your way to better health and well being.

### Restorative Stretch - NEW

Friday - 8:00am - 8:55am

This class is a gentle stretch program to increase mobility of the body to improve every day function. This class incorporates gentle yoga postures and functional stretches using props such as Circles, Small & Large balls and Towels.

**please bring your own towel!**

## Personal Training Staying Motivated and Getting Results

**NEW - PERSONAL TRAINING LABS**  
These labs are designed for new and existing members. Join us for these new sessions which include education & motivation to allow you to become the best you can be. Included in your Membership

**NEW - FIT CLUB**  
Are you a new member or a member needing more assistance? Join the **NEW - FIT CLUB** and get the help you deserve. Register at the front desk and Join Today!! Included in your Membership

### Only Women's Fitness Facility Hours

**Monday - Thursday: 6:00am - 9:00pm**  
**Friday 6:00am - 8:00pm**  
**Saturday 8:00am - 4:00pm**  
**Sunday 8:00am - 4:00pm**  
**Holiday Hours: 8:00am - 2:00pm**

### Childminding Hours

**Monday - Friday 8:30am - 1:30pm**  
**Saturdays 9:00am - 12:00pm**

## UPCOMING EVENTS

**Check out our website  
[www.onlywomensfitness.com](http://www.onlywomensfitness.com)**

### BoogieBox™

This is the first workout designed with Ballroom & Latin Dancing, Martial Arts, HipHop, Military Drills and applied resistance concepts. This is a 8 week session to learn the basic 60 forms of movement.  
**Members \$50.00 Non Member \$99.00**  
Starts January 20th  
Join Licenced Boogie Box Instructor -Kathy  
Classes are January 20, 27, Feb 3,10,24  
March 3/10/17

**New Online Booking Program Coming Soon**  
You will be able to book all your Group X, Challenge, Boot Camp, Personal Training, Spa, Childminding, Tanning, Pilates, and Specilaity Classes from your own computer.