

SUMMER 2018



OPEN DAILY WITH KEY FOB ACCESS 4:00 am to 12:00 am
Staffed Hours: Monday - Friday: 8:00 am - 7:00 PM
Saturday and Sunday 9:00 am - 4:00 pm Stat Holidays 9:00 am - 3:00
 722 - 14th Street Invermere (250) 342-2131

A non-profit society serving the valley since 1987 valleyfitnesscentre.ca

Georgina DuBois Studio Schedule Effective July 23

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 am	Corefit	Cycling*	Yoga			
7:30 - 8:15 am	8:00 Yoga 1 hr 15 mins	8:15 Cycling*		8:15 Cycling*	8:00 Yoga 1 hr 15 mins	7:30 - 8:45 Yin - Chi
9:30 am	Body Blast	Body Blast	Piyo	Fusion	Body Blast	Saturday Circuit
10:45 am	Strength & Stretch	Qigong	Strength & Stretch		Strength & Stretch	
Noon	Noon Express 45 mins	Yoga 45 mins	Cycle Suspension* 45 mins	Qigong 45 mins	Ripped! 45 mins	
5:00 - 5:30 pm						
6:30 - 6:45 pm		6:45 Yoga 1 hr 15		6:45 Yoga 1 hr 15		

Weight Room 101
1 on 1 with a trainer
\$25 - ask for details!

***See reverse for more information about these classes.**
Please arrive before class start time to avoid disruption to classes. Thank You

Membership Rates

* GST is included in prices below

Drop-in Shower: \$3.00 · Shower Towel \$2.00

TYPE	Day Pass	2 Week	1 Month	3 Month	6 Month	1 Year	Punch Card 10 Visits**
ADULT	TOTAL FEE*	12.00	37.00	63.00	176.00	311.00	110.00
	MONTHLY			63.00	59.00	52.00	46.00 <small>**12MonthExpiry</small>
STUDENTS/ SENIORS 55+	TOTAL FEE*	10.00	32.00	51.00	144.00	276.00	90.00
	MONTHLY			51.00	48.00	46.00	41.50 <small>**12MonthExpiry</small>

**Your Membership Includes: weight room and cardio equipment,
 Women Only room, fitness classes, and showers.**

Visit us at www.valleyfitnesscentre.ca

Class Descriptions:

Body Blast

A medium intensity class, using a variety of tools to build strength and endurance. Each week will be a different set of exercises, giving you the opportunity to challenge all body parts.

CoreFit

A 45 minute non-cardio, low impact class during which participants will utilize body weight and a variety of tools to build strength, condition your core and improvement mobility.

Cycling:

Indoor cycling at its best! Our cycling class simulates outdoor rides including intervals, climbs, and speed work to music! A great motivating class for the beginner as well as the advanced cyclist. Bring water and a towel.

Class reservations are required

Book Online or call to reserve your bike up to 1 day in advance. Be on time, at start of class - bikes will be given away if you are not there!

*** Bookings for cycling are taken from 1 day in advance of the class. No early reservations! No exceptions!**

There is always a chance a cycle is available but you take that chance if you just "drop in". If you cannot make a class for which you have reserved a cycle, please contact us via phone or email as soon as possible.

Cycle - Suspension

This class is a quick, fun, fast, and killer 45 minute workout. It includes spin, suspension training, intervals, strength training, stretch, and other various exercises challenging all of the muscle groups.

Fusion

This class a safe, and challenging full body workout. The class fuses a flow yoga, focusing on balance, strength, and flexibility, with a pilates mat workout - targeting core strength. Combining breath and movement, this class enhances self-awareness and improves postural alignment. You will leave this class feeling energized and relaxed. Open to all levels.

Noon Express

A 45 minute fast-paced, high energy workout. Cardiovascular conditioning combined with the use of various tools for muscular strength and endurance training make this a quick and effective workout.

PIYO

PiYo LIVE is a mind-body fusion style class that will get everyone to sweat, stretch & strengthen in a low-impact, body sculpting workout. This music-driven class includes dynamic movements inspired by the best from Pilates & Yoga. This can be modified to suit your level and offers exercise progressions to keep you challenged! Everyone welcome!

Qigong

Qigong (chee gong) is a simple, efficient, and effective method for helping you experience optimal health, wellness, and happiness; helping you heal physical and emotional pain; and enhance the quality of your life and the lives of others. Includes breath work, gentle movements and mental focus. You will leave feeling great!

Ripped!

This 45 minute class focuses on 2-3 body parts per week in a super set strength training style. Prepare to gain full body strength while learning proper form and tempo!

Saturday Circuit

Get ready for a workout to get you ready for a weekend of fun! This workout can be scaled to meet your ability. Using a variety of stations you will get a full body workout including strength and cardio exercises.

Strength & Stretch

This is a gently paced class geared for mature adults, beginners, and individuals with joint inflexibility or those recovering from injuries. The class begins with a simple warm-up followed by strengthening exercises using hand weights and resistance bands and finishing with light stretches. We take bookings for these classes, as they can fill up!

Toned and Strong!

Reshape your body by building muscle as you burn fat. This full body workout will challenge you with super set strength training style infused with cardio bursts!

Yin - Chi

A great start to Saturdays! We will start slow with Yin Yoga and finish with gentle Qigong. Stretching to make us limber. Qigong to create subtleness. Good for all abilities, ages and flexibilities - a fun morning and ready for your day!

Yoga

Yoga develops strength, flexibility and endurance and can be learned at any age! Classes are geared for beginners, with the challenge for long-time students being longer holds and deeper work in the poses. Everyone is welcome regardless of experience with yoga.