

# WINTER 2019



**\*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 pm  
 722 - 14th Street Invermere **(250) 342-2131**

A non-profit society serving the valley since 1987

[valleyfitnesscentre.ca](http://valleyfitnesscentre.ca)

## GEORGINA DUBOIS STUDIO CLASS SCHEDULE

*Effective Jan 2*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 am	Corefit	Cycling*	Yoga	Cycling*		
7:30 - 8:15 am	8:00 Yoga 1 hr 15 mins	7:15 HIIT 8:15 Cycling*	8:15 Cycling*	8:15 Cycling*	8:00 Yoga 1 hr 15 mins	7:30 Yin Yoga
9:30 am	Body Blast	Piyo	Body Blast 'n Roll	Fusion	Body Blast	Saturday Circuit
10:45 am	Strength & Stretch*	Qigong	Strength & Stretch*	Fusion	Strength & Stretch*	
Noon	Noon Express 45 mins	Yoga 45 mins	Cycle Suspension* 45 mins	Yin Yoga 45mins	Super Set Strength 45 mins	
1:00 pm	Strength & Stretch*		Strength & Stretch*		<div style="border: 2px solid blue; padding: 10px; text-align: center;">                     Happy New Year!                      6 month special!                      \$40 per month                      Available Jan 1st                 </div>	
5:30 pm	Cycling*	Winter Fit	Cycling*	Evening Express (45 mins)		
6:45 pm		Yin Yoga 1 hr 15 mins		Yoga 1 hr 15 mins		

**\*Bookings Recommended. 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: \$5.00 · Towel Service \$2.00

TYPE		Day Pass	2 Week	1 Month	3 Month	6 Month	1 Year	Punch Card 10 Visits**
<b>ADULT</b>	TOTAL FEE*	12.00	38.00	65.00	181.00	320.00	565.00	110.00
	MONTHLY			<b>65.00</b>	<b>60.00</b>	<b>53.00</b>	<b>47.00</b>	**12 Month Expiry
<b>STUDENTS/ SENIORS 55+</b>	TOTAL FEE*	10.00	33.00	53.00	149.00	284.00	514.00	90.00
	MONTHLY			<b>53.00</b>	<b>49.00</b>	<b>47.00</b>	<b>43.00</b>	**12 Month Expiry

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

Visit us at [www.valleyfitnesscentre.ca](http://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.

## BODY BLAST N' ROLL

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. Finishing off with a releasing foam roll to break up those muscle fibers!

## 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 improve 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 between 5:30 am - 11:30 pm. 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.

## + Tuesday 7:15-7:50 AM 35 minute HITT workout+

Stay after Tuesday's 6:15-7:15 AM spin class, or join us at 7:15 AM for a 5 minute warm up, 20 minute HITT workout, followed by a 10 minute yoga influenced stretch. Workouts will vary weekly to include upper body, core and full body weight training. This is a drop in class and all levels welcome.

## 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.

## EVENING EXPRESS

In this fast paced 45 minute class we will use a variety of tools and stations to give you an efficient and effective full body workout. Between cardiovascular and muscular strengthening exercises you will feel leaving strong and challenged!

## FUSION

This class is 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!

## 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.

**\*Class reservations are required**

## SUPER-SET STRENGTH

This class is a combination of superset strength training exercises using weights, studio accessories and body weight. These super sets are infused with cardio bursts and core challenges. This class will enhance your exercise form and tempo giving you the most benefit as you exercise!

## WINTER FIT

If you want to get "winter-ready" this is the class for you! This class will tone, strengthen and build your cardiovascular endurance. It will help you get ready to ski/skate/ride better and stronger in our winter wonderland.

## 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.

## YIN YOGA

This emphasizes long-held, passive poses affecting the deeper connective tissue. Yin Yoga mobilizes and strengthens joints, ligaments and deep fascial networks. Yin classes move very slowly