

SPRING 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

GEORGINA DUBOIS STUDIO CLASS SCHEDULE

Effective Apr 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 am	Corefit 45 mins	Cycling	Yoga	Cycling	<<<Keytag access only for these classes!	
7:20 am		H.I.I.T (35 mins)	20/15/10	Corefit (35 mins)		
7:30 - 8:15 am	8:00 Yoga (1 hr 15 mins)	8:15 Cycling	8:15 Qigong	8:15 Cycling	8:00 Yoga (1 hr 15 mins)	7:30 Yin Chi
9:30 am	Body Blast + ABS	Body Blast	Body Blast + Roll	Fusion	Body Blast	Saturday Circuit
10:45 am	Strength & Stretch	HIIT YOGA (45 mins)	Strength & Stretch	HIIT (45 mins)	Strength & Stretch	
Noon	Body Shred (45 mins)	Yoga (45 mins)	20/20 (45 mins)	Yin Yoga (45mins)	Super Set Strength (45 mins)	
5:30 pm	Cycling (60 mins)	Summer Fit (45 mins)	20/15/10 (45 mins)		CLASS BOOKINGS ARE NOW IN EFFECT FOR ALL CLASSES - ONLINE OR IN PERSON. If you need help please ask!	
6:45 pm		Yin Yoga (1 hr 15 mins)		Yoga (1 hr 15 mins)		

PLEASE MAKE A BOOKING FOR ALL CLASSES, book online or call to reserve. Bookings are taken from one day in advance between 5:30 am and 11:30 pm. All classes are 55 minutes unless otherwise noted.

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**
ADULT	TOTAL FEE*	12.00	38.00	65.00	181.00	320.00	565.00	110.00
	MONTHLY			65.00	60.00	53.00	47.00	**12 Month Expiry
STUDENTS/ SENIORS 55+	TOTAL FEE*	10.00	33.00	53.00	149.00	284.00	514.00	90.00
	MONTHLY			53.00	49.00	47.00	43.00	**12 Month Expiry

Your Membership Includes: weight room and cardio equipment, family room, fitness classes, and showers.

Visit us at www.valleyfitnesscentre.ca

CLASS DESCRIPTIONS:

20/20

This class is a quick, fun, fast, and killer 45 minute workout. It includes 20 minutes of cardio - spin and intervals followed by strength training, and other various exercises challenging all of the muscle groups.

20/15/10

Enjoy a 20 minute spin followed by 15 minutes of pure strength to get your body working. Reward all that hard work with an amazing 10 minute stretch. 45 minutes will target everything for a great workout!

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.

+ ROLL

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

+ ABS

Finishing off with a killer abs routine. This class uses various skills and techniques to target the core muscles; including floor routines, full body stretches and fast-paced exercises.

BODY SHRED

A 30 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. Followed by a 10 minute stretch to feel ahhhazing!

COREFIT

A 35 or 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.

HITT

HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. Workouts will vary weekly to include upper body, core and full body weight training. This is a drop in class and all levels welcome.

HIIT YOGA

HIIT class for 20 minutes followed by a yoga cool down.

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.

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 iwth cardio bursts and core challenges. This class will enhance your exercise form and temp giving you the most benefit as you exercise!

SUMMER FIT

If you want to get "summer-ready" this is the class for you! This class will tone, strengthen and build your cardiovascular endurance . It will help you get ready to enjoy the hiking, running and laketime fun!

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

YIN CHI

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

PLEASE ARRIVE BEFORE CLASS START TIME
TO AVOID DISRUPTION TO CLASSES. THANK YOU