

S U M M E R 2 0 1 9



OPEN DAILY WITH KEY FOB ACCESS 4:00 am to 12:00 am

Staffed Hours: Monday - Friday: 8:00 am - 8:00 PM

Saturday and Sunday 9:00 am - 5:00 pm Stat Holidays 9:00 am - 5:00 pm

722 - 14th Street Invermere (250) 342-2131

Non-profit society serving the valley since 1987

valleyfitnesscentre.ca

GEORGINA DUBOIS STUDIO CLASS SCHEDULE

Effective July 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			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	HITT YOGA	Body Blast + Roll	Fusion	Body Blast	Saturday Circuit
10:45 am	Strength & Stretch	Body Blast	Strength & Stretch	HIIT	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	ZUMBA	STRONG by Zumba (HITT)			Baguazhang Workshop Wed, July 3rd - Aug 7th. Single drop-in \$20.00, Members \$49.50, Non-Members \$99.00	
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

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

TYPE	Day Pass	2 Week	1 Month	2 Month	3 Month	6 Month	1 Year	Punch Card 5 Visits**	Punch Card 10 Visits**
TOTAL FEE \$	15.00	43.00	65.00	130.00	181.00	320.00	565.00	**75.00	**135.00
ADULT	* Monthly Autopay Option				*60.00	*53.00	*47.00	+10.00 key tag	**12 Month Expiry
TOTAL FEE \$	12.00	38.00	53.00	106.00	149.00	284.00	514.00	**60.00	**108.00
STUDENTS/ SENIORS	* Monthly Autopay Option				*49.00	*47.00	*43.00	+10.00 key tag	**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+ 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!

+ 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 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.

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

STRONG by Zumba

STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

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 temp giving you the most benefit as you exercise!

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!

ZUMBA

Perfect For everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. How It Works: We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes

Please arrive before class start time to avoid disruption to classes. Thank you.