

Fitness & Wellness Drop-In Schedule and Start Dates (Sep 2011-Mar 2012)

Programs listed in this grid are available for both drop-in or pre-registration. See the "Fitness" and "Yoga" sections of this guide for full course descriptions. Not sure which class you would like to try? Purchase a fitness/wellness sampler pass and drop in to whichever programs you like. The sampler passes cost \$55 for 6 sessions. The sampler pass only applies to the programs listed on this and the next page. **To purchase a pass through IReg, use barcode 106096 or visit one of our recreation centres.**

YOGA PROGRAMS	LOC ATION	MON	TUE	WED	THU	FRI
Yoga for Stress - p 55 <i>Dominique Sullivan</i>	Oliver Woods		4:45-5:50 pm Sep 20, Nov 1 & Jan 17			
Yogalates - p 55 <i>Melanie Kirk</i>	Oliver Woods					5:30-6:30 pm Sep 16, Oct 28, & Jan 20
Sunrise Yoga - p 54 <i>Debbie Beck</i>	Oliver Woods (sampler pass or pre-registration only)			6:45-7:45 am Sep 14, Nov 2 & Jan 11		
Hatha Flow Yoga - p 55 <i>Krista Rogers</i>	Rotary Field House (sampler pass or pre-registration only)	9:15-10:15 am Sep 19, Nov 7 & Jan 16				
Yoga Stretch Lv 1 - p 54 <i>Karen Shortt</i>	Nanaimo Aquatic Centre				6:30-7:30 pm Oct 6, Nov 16 & Jan 19	
Full Figure Yoga - p 54 <i>Nadine Schwager</i>	Harewood Act Cen (sampler pass or pre-registration only)			9:30-10:30 am Sep 21, Nov 2 & Jan 25		
Full Figure Yoga - p 54 <i>Nadine Schwager</i>	Beban Park			6-7 pm Sep 21, Nov 9, Jan 11 & Feb 22		
YoFit - p 55 <i>Melissa Hill</i>	Oliver Woods		7:30-8:30 pm Sep 20, Oct 18, Nov 15, Jan 17 & Feb 14		7:30-8:30 pm	



Mild - New to exercise, gentle pace.



Mild/Moderate - Get your sweat on!



Moderate/Advanced - Full on sweat, bring a towel!

Look for this symbol on pages 48-55 to see which classes have the drop-in option!

Fitness/Yoga Sampler Pass - \$55/6

Barcode #106096
















Not sure which fitness or yoga class is for you? Do you have a busy schedule that changes frequently? Purchase a Fitness/Yoga Sampler Pass and have your pick of 15 fitness and 8 yoga classes. Just look for the drop-in symbol on the following pages to see which classes offer this option. Pass does not expire.




How It Works:

- 15 fitness and 8 yoga classes will accept drop-ins.
- Sampler pass must be purchased in advance at one of our front desks or online using barcode 106096. No money can be exchanged in the class.
- All participants with pre-existing conditions or injuries must have medical clearance from their doctor prior to attending class and must inform the instructor of any change in condition or injury.
- Fitness instructors will mark each class that a client attends.

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FITNESS PROGRAMS	LOCATION	MON	TUE	WED	THU	FRI
From the Waist Down - p 50 <i>Denay Piatka</i> 	Oliver Woods				9-9:50 am Sep 22, Nov 3 & Jan 12	
Bums, Tums & More - p 50 <i>Debbie Beck</i> 	Oliver Woods	9:05-10:05 am Sep 12, Nov 2 & Jan 9		9:05-10:05 am		
Bodyball Bootcamp - p 49 <i>Debbie Beck</i> 	Oliver Woods	5:30-6:30 pm Sep 12, Nov 7, & Jan 9				
Bump it Up - p 50 <i>Tara McNeil</i> 	Oliver Woods		8-8:50 am 5-5:50 pm Sep 2, Nov 1, Jan 10 & Nov 14			
Full Figure Fitness - p 50 <i>Tara McNeil</i> 	Oliver Woods	10:30-11:20 am 5-5:50 pm Sep 19, Nov 2, Jan 9 & Feb 13		10:30-11:20 am 5-5:50 pm		
Crossfit Conditioning - p 50 <i>Debbie Beck</i> 	Oliver Woods				6:15-7:15 pm Sep 15, Nov 10 & Jan 12	
Core Cond.-Hardcore - p 50 <i>Dominique Sullivan</i> 	Oliver Woods		5:45-6:15 pm Sep 20, Nov 1 & Jan 17			
Latin Fit - p 50 <i>Walewska Mendoza</i> 	Oliver Woods		7:30-8:30 pm Sep 20, Nov 15, Jan 17 & Feb 14		7:30-8:30 pm	
Pump it Up - p 50 <i>Denay Piatka</i> 	Oliver Woods		9-9:50 am Sep 20, Nov 1 & Jan 17			
Butts & Gutts - p 49 <i>Alison O'Beirne</i> 	Bowen Park (sampler pass or pre-registration only)			5:30-6:30 pm Sep 21, Nov 9 & Jan 18		
Strictly Toning - p 49 <i>Shelley Howlett</i> 	Bowen Park (sampler pass or pre-registration only)				5:15-6:15 pm Sep 22, Nov 3 & Jan 12	
On the Ball - p 49 <i>Shelley Howlett</i> 	Bowen Park (sampler pass or pre-registration only)	4:45-5:45 pm Sep 19, Nov 7 & Jan 16				
Lunch Crunch (all levels)- p 48 <i>Gloria Stevens</i> 	Beban Park		12:10-12:55 pm Sep 20, Nov 1, Jan 10 & Feb 16		12:10-12:55 pm Sep 22, Nov 3, Jan 12 & Feb 18	
Shake Your Body Bootcamp - p 48 <i>Tara McNeil</i> 	Beban Park	6:20-7:20 pm Sep 19, Oct 31, Jan 9 & Feb 20		6:20-7:20 pm Sep 21, Nov 2, Jan 11 & Feb 22		
Rock Hard Lower Body Blast - p 48 <i>Take Charge Fit To Go</i> 	Beban Park		10:40-11:30 am Nov 14, Jan 9 & Feb 20			

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