

# Winter THAW

## GROUP FITNESS PROMOTION

**NEW!**

# JANUARY TO MARCH 2018

Did you participate with our Canada 150 Pass? If so, you have established a solid fitness base heading into winter, and we want you to keep that momentum going with our “Winter Thaw Pass”. This pass gives you the flexibility to drop-in to a variety of classes and times at the same price as registering for one program! The more classes you try each month, the better the value!

**\$52 for one month or \$150 for 3 months!**

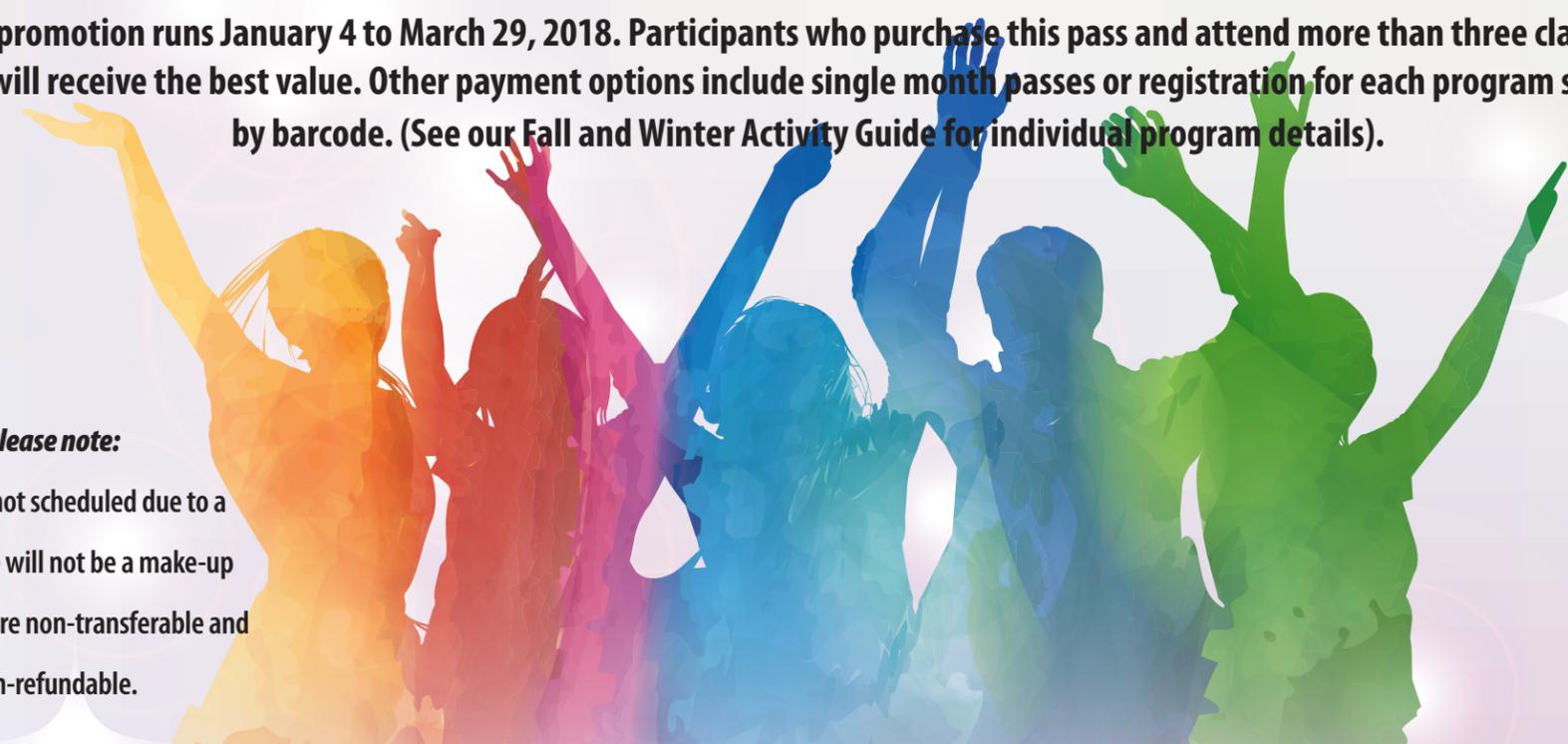
**Choose from the following group classes to participate!**

MON	TUE	WED	THU	FRI
<b>TOTAL BODY CONDITIONING</b> Jan 8-Mar 26 9:30-10:30 am Rotary Field House Kim Ross	<b>TABATA TUESDAY</b> Jan 9-Mar 27 9:15-10:15 am Oliver Woods Community Centre Angel Jones	<b>SUPER CIRCUIT</b> Jan 10-Mar 28 9:30-10:30 am Bowen Park Clubhouse Kim Ross	<b>ZUMBA</b> Jan 11-Mar 29 9:15-10:15 am Oliver Woods Community Centre Angel Jones	<b>YOGA FLOW &amp; STRETCH</b> Jan 12-Mar 23 9:05-10:05 am Oliver Woods Community Centre Jackie Kirski
<b>HIGH INTENSITY INTERVAL TRAINING (H.I.I.T.)</b> Jan 8-Mar 19 5:15-6:15 pm Nanaimo Aquatic Centre Kim Ross	<b>EVENING CRUNCH CLASS</b> Jan 9-Mar 13 6:45-7:30 pm Oliver Woods Community Centre Brianna Tougas	<b>HIGH INTENSITY INTERVAL TRAINING (H.I.I.T.)</b> Jan 10-Mar 14 5:15-6:15 pm Nanaimo Aquatic Centre Kim Ross	<b>H.I.I.T. TO FIT</b> Jan 4-Mar 29 9:30-10:30 am Rotary Field House Kim Ross	Passes available for purchase at Oliver Woods, Nanaimo Aquatic Centre or Beban Park!
			<b>EVENING CRUNCH CLASS</b> Jan 11-Mar 15 6:45-7:30 pm Oliver Woods Community Centre Brianna Tougas	

This promotion runs January 4 to March 29, 2018. Participants who purchase this pass and attend more than three classes per week will receive the best value. Other payment options include single month passes or registration for each program separately by barcode. (See our Fall and Winter Activity Guide for individual program details).

**Please note:**

If a class is not scheduled due to a rental, there will not be a make-up class. Passes are non-transferable and non-refundable.



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**250-756-5200**

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