



JamiesonPlace

# FITNESS CLASS SCHEDULE November-December 2017

Classes start October 30<sup>th</sup> and run until December 22<sup>th</sup>, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		11:15-12:15 Vinyasa Yoga Kate		
12:00-12:45 Bootcamp Ross	12:00-1:00 Ballet Barre Works Ballet Barre Studios		12:00-12:45 Cycling Curtiss	
	1:30-2:15 Metabolic Training Natalie		1:30-2:15 Metabolic Training Natalie	
				Specialty Class

**Important Dates:**

October 17: Registration for November/December classes begins

December 12<sup>th</sup>: Registration for January/February classes begins

**Drop In Coupons**

See the back of the schedule for drop-in class details.

Coupon books are available to purchase at the Fitness Desk (6 coupons= \$50).



No refunds after October 30<sup>th</sup>, 2017

Yoga participants are encouraged to purchase and bring their own yoga mat. No mats will be provided.

**Priority Waiting List:** If you could not get into certain classes in this session, your name will be on a "Priority Waiting List". Your spot will be guaranteed for the next session.



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**BOOTCAMP:** Total body workout, where cardio, strength and core are all built through calisthenics, resistance training and interval work. Min 8 Max 15. **Drop in = 1 coupon**

**BALLET BARRE WORKS:** This class emphasizes the foundations of Barre fitness, a total body conditioning technique that has been intertwined to create an intense workout, through balance, strength and core. Guaranteed to transform and sculpt your entire body. Min 8 Max 15. **Drop in = 2 coupons**

**CYCLING:** Put your head down and ride! Motivating music & little voice in your ear telling you to go, go, go. 45 minutes of steady high intensity cardio. If you like to cycle this one's for you! All fitness level welcome. Min 7 Max 10. **Drop in = 1 coupon**

**YOGA:** Yoga is a combination of many things, a veritable yin and yang. Strength and flexibility training is accomplished through many different asanas (or poses). Mind and spirit are calmed through pranayama (or breathing and meditation practices). Afterwards the body and soul are re-invigorated for the challenges of work, play and life in general. Min 8 Max 18 **Drop in = 2 coupons**

**VINYASA FLOW:** A yoga practice that links postures in a way that promotes a flow of energy. A group of postures may be linked together building on top of each other to create a deeper, fuller experience. This practice is energizing and creative so that no 2 practices are alike although the same fundamental poses will be present.

**Metabolic Training:** An hour long workout designed with high intensity workouts to increase heart rates and sweat level. This type of workout keeps the body metabolically active which will burn more calories longer. Min 8 Max 15. **Drop in = 1 coupon**



### **DROP IN CLASS COUPONS**



Participation in a drop in class is not guaranteed. Registered participants always have priority into class. If space is available, a certain number of participants may be able to join the class. Participation in class requires a coupon, Yoga and Pilates requires 2 coupons. Coupon books are available to purchase at the Fitness Desk (6 coupons= \$50). All classes still require a minimum number of **REGISTERED** participants to run.

Coupons are non-refundable and non-replaceable.

- \*\* Please arrive on time as it's disruptive to other participants and the instructor when you arrive late. \*\*
- \*\* All classes are self-paced, which means that you determine the intensity that is best for you.

If you have any questions, please contact the Jamieson Place Fitness Centre at 403 503 9106 or [jpfitness@healthsystemsgroup.com](mailto:jpfitness@healthsystemsgroup.com)

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