



ACTIVATE SCHEDULE WINTER 2012

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|---|---|---|--|--|
| | | 6:30AM private boot camp available CALL 822-3573 FOR TIMES | | 6:30AM private boot camp available CALL 822-3573 FOR TIMES | | 9:30AM CYCLone and CORE STARTS JAN 15 *** |
| 12:10 | STEP INTO FITNESS | 12:10 butz+gutz | 12:10 AC/DC accelerate/decelerate BOOTCAMP | 12:10 PUMP & CUT! | 12:10 ZUMBA FITNESS *** CYCLone | |
| | | W.E.T. ALL DAY! WATER EXERCISE TRAINING CALL 822-3573 FOR TIMES | | | | |
| 5:30PM | ZUMBA FITNESS OFF-SITE AT THE MORDEN FRIENDSHIP CENTRE | 5:30PM *** CYCLone | 5:30PM INTERVAL STEP BY STEP | 5:45PM *** CYCLone AND STRENGTH | | |
| | | 6:00PM POWER YOGA | | | | |
| 7:00PM | 90.60.30 BOOT CAMP | 7:00PM READY 4 THE BEACH ALL BODY WORKOUT | 7:00PM GO GUYS ONLY | 7:00PM Yoga Pilates Infusion STARTS JAN 13 | | |

- ALTERNATING CLASSES
- SEPARATE FEE & REGISTRATION
- INCLUDED IN MEMBERSHIP
- *** LIMITED SPACE SIGN-UP REQ'D

REGULAR HOURS
 Monday - Thursday 9am ~ 8pm
 Friday 9am ~ 6pm
 Saturday 9am ~ 12:00pm
 24 HOUR ACCESS AVAILABLE to qualifying members

Butz & Gutz - 40 minutes of targeting core and legs using strength and cardio moves. Lots of variety, weights/yoga/pilates/tabata/bootcamp/bands/exercise balls/boxing/ fusion! Never the same class twice!
 ZUMBA (Off-Site) Mondays / (In-Club) Alt. Fridays–Zumba is an exhilarating, easy to follow, Latin inspired, calorie burning dance fitness program designed to get you moving and feeling great. This down right addictive cardio party has grown so much on Monday nights, we have moved it to a new venue! *The Monday Zumba will be hosted the Morden Friendship Centre, 306 – North Railway Street.* The FRIDAY Zumba alternating with Cycle will be held at FittWell Centre.

Step (noon Mondays and 5:30 Wed's): Aerobic & Body Sculpt exercises using the step. Definately not your average step class!

** NEW ** Ready for the BEACH: It takes more than just exercise to transform the body – enjoy 45 minutes of a solid Bootcamp Workout with options based on what your body is able to challenge. This is followed by a 15 minute session on nutrition that will include recipe makeovers, samples and an endless supply of eating resources and tips to keep you on track with your transformation goals.

Guys Only (GO): Back by popular request. Guys get ready for a solid workout, great music and great ideas to put into your own workout. Similar to the P90x format of training and solid bootcamp exercises.

BootCamp 90 60 30: Based on the Military 90 60 30 training, experience a full body workout that includes cardio / strength / endurance / flexibility in a group environment .

YOGA / PILATES INFUSION: Get the best of both without too much of either. Carie blends Pilates and Yoga together to create the perfect blend of a relaxing , stretching and strengthening.

** NEW **POWER YOGA- 60 minutes of strength that is different than anything you have done before for strength. Isometric training targets joint stability, and is used by a majority of figures/body building competitors for muscle tone, body fat loss and strength without a lot of joint motion. Perfect for anyone with these goals and for those with sensitive joints.