


THE CENTRE OF ELGIN

WINTER - GF - SCHEDULE

JAN 1, 2019 - MAR 31, 2019

TIME	Studio	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Studio	Saturday	Sunday
5:15AM	Spin		*Cycle DAWN	*Cycle TAMMY	*Cycle DAWN	*Cycle TAMMY	7:30 AM	Spin Studio	*Cycle FRANKLIN	
5:15AM	Aerobic	Rip-Tuc-Cut (C-B) DAWN		Rip-Tuc-Cut (A-S) DAWN		Rip-Tuc-Cut (Legs) DAWN				
8:15AM	Aerobic		*Kettle-Core KATHY				8:00 AM	Aerobic Studio	CoreRAGEous Rounds Dr SWEAT	
9:15AM	Spin	TAI-CHI CHARLENE	*Cycle SARAH		*Cycle SARAH					
9:15AM	Aerobic	Cross-Training CARRIE	Yoga DEBBY	CoreRAGEous Rounds Dr SWEAT	Yoga DANAE	Reps & Sets CARRIE	8:15 AM	Spin Studio	*Reps & Sets FRANKLIN	
9:15AM	Dance	Yoga BOONTIVA		Yoga BOONTIVA	TAI-CHI CHARLENE	*Senior Fit DEBBY				
10:05AM	Spin		*BARRE n Body SARAH		*BARRE n Body SARAH		8:15 AM	Aerobic Studio		
10:15AM	Dance					Yoga DEBBY				
10:30AM	Aerobic	*Senior Fit DANAE	*Active Adults DAWN	*Senior Fit DANAE	*Active Adults DAWN	Qigong w/Weights CHARLENE	9:00 AM	Spin Studio		*Cycle SARAH
10:30AM	Dance				*Balance & Fall Prev DANAE					
11:30AM	Aerobic		#CoreRAGEous Rounds Dr SWEAT		#CoreRAGEous Rounds Dr SWEAT		9:15 AM	Aerobic Studio	^YOGA RENEE	
11:30AM	Dance	* Chair Yoga DANAE		* Chair Yoga DANAE						
12:15PM	Aerobic	* Tuc & Twist DAWN	* Rip-Tuc-Cut (C-B) DAWN	* Rip-Tuc-Cut (Legs) DAWN	* Rip-Tuc-Cut (A-S) DAWN	*Reps & Sets KATHY	9:15 AM	Spin Studio	Latin en Fuego KAREN	
12:15PM	Dance					*ZUMBA ELIZABETH				
2:30PM	Dance	Gentle Yoga DEBBY					9:50 AM	Spin Studio		*BARRE n Body SARAH
4:15PM	Aerobic	TRX Basic Training SARAH	*Cross Training ALETHA	* Tabata Challenge CARRIE	Reps & Sets ALETHA					
5:00PM	Spin	Cycle Sculpt FRANKLIN		* Cycle Express SARAH			10:30 AM	Aerobic Studio		YOGA DANAE
5:00PM	Aerobic					*Cross-Training CARRIE				
5:00PM	Dance		BARRE Fusion SARAH				10:45 AM	Aerobic Studio	CoreRAGEous Rounds Dr SWEAT	
5:15PM	Aerobic		Reps & Sets KATHY	*Core Extreme KATHY						
5:15PM	Spin						<p style="text-align: center;">All classes are 60-minutes except # = 30 minutes * = 45 minutes ^ = 75 minutes www.centrefelgin.org</p>			
5:30PM	Aerobic	*Cardio Kickboxing Dr SWEAT			*Hard Core CARRIE					
6:00PM	Spin		ZUMBA EMILY	* BARRE n Body LIZ B						
6:15PM	Aerobic			*KettleBell KATHY						
6:30PM	Spin	Core-Yoga BOONTIVA			Yoga BOONTIVA					
6:30PM	Aerobic	Cardio Blast & Burn KATHY	CoreRAGEous Rounds Dr SWEAT		Cross-Training CARRIE					
6:45PM	Spin			Yoga LIZ B						



GROUP FITNESS WINTER SESSION FEES

WINTER Session Runs JAN 1st – MAR 31st, 2019

WINTER Punch Passes are available Saturday, Dec 8, 2018

	<u>MEMBER</u>	<u>RESIDENT</u>	<u>NON-RESIDENT</u>
Daily Drop In Fee	\$8	\$8	\$9
12 punches/classes	\$72 <i>(\$6/class)</i>	\$78 <i>(\$6.50/class)</i>	\$90 <i>(\$7.50/class)</i>
24 punches/classes	\$138 <i>(\$5.75/class)</i>	\$150 <i>(\$6.25/class)</i>	\$162 <i>(\$6.75/class)</i>

The options listed above will be based on a 3 month session, coinciding with the Parks and Recreation Department seasonal program brochure. Expiration dates will apply. Passes are non-transferable and non-refundable. There is no credit or refund for unused punches. Punches expire at the end of each session and the punches cannot be transferred to the next session.

All Winter (12 & 24) punch passes expire on March 31, 2019. Participants must be at least 14 years of age.

Quarterly Unlimited*	\$150	\$162	\$182
1 Year Unlimited*	\$394	\$426	\$478

* The **1 Year Unlimited** pass, is valid for one year from the date of purchase. The **Quarterly Unlimited** pass is valid for three months from the date of purchase. Passes are non-transferable, non-extendable and non-refundable.

GROUP FITNESS CLASS DESCRIPTIONS

Active Adults (45min)-All levels! Seniors are getting better with L.I.I.T. – Low Intensity Interval Training.

Balance & Fall Prevention-50 years and older. Train balance and stabilizing muscles, as well as breathing techniques to prevent dizziness.

BARRE & Body (45-60min)-All levels! Using a Ballet Barre, strengthen & lengthen arms/legs; increase core strength, flexibility, & muscle endurance like a Ballet Dancer!

BARRE Fusion (60min)-All levels! A unique blend for the entire body – Barre and Pilates for core strengthening & balance training, and Yoga to soothe the mind and body.

Cardio Blast & Burn (60min)-All levels! Cardio & strength training intervals! Boost your metabolism! Sculpt your body!

Cardio Kickboxing (45min)-All levels! "Tae-Bo" is still one of the best ways to increase endurance and chisel the core!

Chair Yoga (45min)-All levels! Balance issues are gone, but you'll still challenge yourself for better flexibility, posture, etc.

Core Yoga (60min)-All levels! Core strength & Balance (Pilates) with the flexibility, breathing & posturing of Yoga

Core Extreme (45min)-All levels! Tone & sculpt Core, Glutes & Thighs with total body exercises.

CoreRAGEous Rounds (30/60min) – Intermediate / Advanced! "Insanity", "P90-X" & Kickboxing w/Heavy-bags. MMA Gloves preferred.

Cross Training (60min)-All levels! Cross-fitness interval training; Combines Boot-Camp & Sport-Specific Drills.

Cycle (45min)-All levels! Biking featuring hill-climbs, jumps, sprints & more; Towel & water bottle needed.

Cycle Express (45min)-All levels! A quick cardio blast of Biking & Serious Core!

Cycle Sculpt (60min)-All levels! Biking with strength training for a great combo of cardio-resistance training.

Gentle Yoga (60min) – All Levels! Yoga's more relaxing side that includes deeper breathing, stretching & balancing.

Hard Core (45min)-All levels! Include your Core in all standing & floor exercise - with resistance & bodyweight drills

Kettlebell (45min)-Intermediate! Blasts calories, sculpts muscles, strengthens core & improves posture & balance.

Kettle-Core (45min)-Intermediate! Kettlebell & Core work utilizing Stability Ball, BOSU & more. Blast calories, sculpt lean muscles & whittle that middle all in one class!

Latin En Fuego (60min)-All Levels! Dance (Baila) for fun-fitness with Bachata, Salsa, etc...energetic, action-dancing!

Qigong w/Weights (60min)-All Levels! Movements are designed to open energy channels to enhance well-being, & prepare you for Tai-Chi.

Reps and Sets (60min)-All levels! Muscle conditioning w/weights; Intervals of 3-5 minutes for each muscle group.

Rip-Tuc-Cut (45min)-All levels! Specific muscle conditioning in every class - Chest & Back; Legs & Buns; Arms & Shoulders! Core in every class!

Senior Fit (45min)-50 years and older. Low impact movements & resistance training; Pilates, Tai-Chi & Step.

Tabata Challenge (45min)-All levels! Workout for 20-seconds...Rest 10-seconds; Repeat 8-times! Sounds easy?!

Tai-Chi (60min)-All levels! Tai-Chi is gentle exercise & stretching-Yoga in motion. Reduce stress; increase flexibility, energy, muscle strength, stamina & agility.

TRX Training (60min)-All Levels! Suspension Training uses a percentage of bodyweight for a very effective workout!

Tuc & Twist (45min)-All levels! Core-Specific dancing!

Yoga (60/75min)-All levels! Body, mind, spirit. Reduce stress; increase strength, flexibility & balance...healing.

Zumba (45/60min)-All Levels! Dance while you tighten the buns, abs hips, thighs and more!