

## Schedule at a Glance - April 6<sup>th</sup> to June 18<sup>th</sup>

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:15 am to 8:00 am	MuscleFIT	Cardio Sweat/KickFIT	MuscleFIT	Cardio Sweat/KickFIT	Interval
11:00 am to 11:30 pm		<b>fABulous</b>		<b>fABulous</b>	
11:30 am to 12:15 pm	Cardio Sweat/KickFit	StepFIT	Interval	MuscleFit and Core	Bun's and Guns <b>OR</b> Beach Body Pilates
12:15 pm to 1:00 pm	Interval	MuscleFIT	Cardio Sweat/KickFIT	StepFIT	<b>Progressive Yoga**</b> <b>(12:15-1:15)</b>
1:00 pm to 2:00 pm			<b>Hatha Yoga**</b>		
4:15 pm to 5:00 pm		<b>SportFIT Circuit</b>		<b>SportFIT Circuit</b>	

### GroupFIT Classes

Club members are welcome to attend all GroupFIT classes on the schedule shown above. The style of class is based on instructor availability therefore on occasion, may differ from the schedule. Registration is not required for GroupFIT classes.

**MuscleFIT:** This class focuses on strengthening all the major muscle groups, on improving your musculature and overall performance of your functional movement. The class will use the STEP, hand weights, body bars, tubing and FITballs.

**Cardio Sweat:** Come and sweat away calories. Your instructor will motivate and coach you to pace yourself as you move and groove to great music for 35-45 minutes...Challenging... Fun and ....Amazing!

**SportFit Circuit:** A class designed to improve your cardio, strength, balance, and core conditioning. The class will use sport drills and a variety of equipment to challenge and condition!

**StepFIT:** The STEP is one of the best ways to burn calories and strengthen/tone your legs and "butt"! The choreography will be progressed at the pace of the class... "our best, leads to your LifeFIT success"..

**CoreFIT:** Come and have a ball with us. This class will help improve your posture and balance. Using a fitball is one of the most effective training tools to strengthen and increase flexibility for your primary core muscles.

**Instructors Choice:** Each week will feature a different class - loads of variety and lots of fun!

**Interval:** This class offers circuit intervals of cardiovascular training followed by recovery periods using resistive equipment to tone muscles.

**fABulous:** A half hour class *dedicated* to ABS, LOWER BACK, and CORE!!

**KickFit:** A high intensity cardio class that uses classic martial arts and boxing moves to tone the whole body and burn mega calories!

**Buns ' Guns:** : This class will help you strengthen and tone your buttocks, hips, legs and tone your arms. The class combines to follow 'step-up' patterns for the "buns" and resistance training with free weights and/or body bars for the "guns"!

**Beach Body Pilates:** This class will challenge participants beyond the basics, utilizing pilates equipment (fitballs, tubing, blocks) (intermediate to advance level)

### SPECIALTY PROGRAMS

Both Club members and employees of the Department who are not members are welcome to register for these Specialty classes. To register contact The LifeFIT Canada Staff in the PSC Fitness Centre, on duty Monday to Friday 11:00 a.m. to 2:00 p.m. and at other times upon request. Payment by cheque or credit card please.

#### **HATHA YOGA**

##### **Wednesday March 24th to Wednesday May 26th , 2010 (10 weeks)**

A Yoga practice to help you discover the power of awareness and intention to relax and tone your body as you willfully surrender your tensions and quiet your mind.

#### **PROGRESSIVE YOGA**

##### **Friday April 9<sup>th</sup> to Friday June 11<sup>th</sup> , 2010 (10 weeks)**

Using a blended version of Yoga methodologies, this class will help you discover the power of muscle awareness to increase overall strength and flexibility. The instructor is skilled at educating proper alignment and technique and will give options and progressions for all fitness levels.

Fees	Member	Non-Members
1 class/week	\$50.00 (tx inclu)	\$ 87.50 (tx inclu)
2 class/week	\$88.00 (tx incl)	\$150.00 (tx inclu)

Club Terrasses Fitness Centre, 10 Wellington St., Level B, Hull, QC Tel: 819-953-1024 E-mail: clubterrasse@ainc-inac.gc.ca

*Club Terrasses is operated by the employees of the five federal Departments of Les Terrasses de la Chaudière in partnership with LifeFIT Canada, a division of the Recreation Association of the Public Service of Canada*