

FALL 2007 FITNESS SCHEDULE

Effective Sept 4 - December 21, 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua Blast 8:15am-9:00am	Deep Water Fitness 8:15am-9:00am	Aqua Fit 8:15am-9:00am	Deep Water Fitness 8:15am-9:00am	Aqua Blast 8:15am-9:00am		
Aqua Fit & Tone 9:15am-10:00am	Athletic Conditioning 5:30pm-6:30pm	Aqua Blast 9:15am-10:00am		Aqua Fit 9:15am-10:00am		
Spin/Condition/Abs 9:15am-10:30am	Balance & Tone 9:15am-10:15am	Step It Up! 9:15am-10:30am	Energy Mix! 9:15am-10:15am	Muscle Pump 9:15am-10:30am	Spin & Abs 9:15am-10:30am	Athletic Conditioning 9:15am-10:15am
Lo Impact Aerobics 10:30am-11:30am	Yoga Fit 10:30am-11:30am	Pilates: Level I-II 10:30am-11:15am	Stretch & Strength 10:30am-11:30am		<i>Belly Dancing*</i> 10:30am-11:30am	
	Gentle Wave* 12:00pm-12:45pm		Gentle Wave* 12:00pm-12:45pm			
		Spin 5:00pm-6:00pm				
Aqua Fit 6:00pm-6:45pm	Pilates: Level II-III 6:30pm-7:30pm	Yoga 6:00pm-7:00pm	Pilates: Level I-III 6:15pm-7:15pm			
Club Salsa* 7:00pm-8:00pm		Aqua Fit 7:15pm-8:00pm	Spin & Abs 7:15pm-8:15pm			



Sports & LeisureDome
6015 Highway 89
Alliston, ON

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www.nottawasagaresort.com

* Specialty Classes start the week of September 17th and will be offered for 12 weeks. Please register at the Sports Desk.

Fall Specialty Classes!

Club Salsa!

Come Samba, Mambo and Salsa dance to some fabulous Latin music!

Monday nights, 7:00pm-8:00pm

12 week session

Non-Members: \$120.00

Belly Dancing

Celebrate the female body through sensuous movement that will burn calories and tone the abdominal muscles!

Saturday Mornings 10:30am-11:30am

12 week session

Non-Members: \$120.00

Gentle Wave

A specialized water class designed to help improve gross motor coordination. Designed for persons with decreased mobility.

Tuesdays & Thursdays

12:00pm-12:45pm

12 week session

Non-Members: \$180.00 (2 classes/week)

\$96.00 (1 class/week)

**Specialty classes are complimentary
for all members!**

**Some classes are open to the public!
Trial Fitness Classes – \$10.00**

Participant Notes:

- * Classes available for participants 16 years +
- * Hotel guests may register at Sports Desk for a fee of \$5.00 per class
- * Schedule subject to change at any time depending on class attendance
- * Proper athletic, non-marking footwear must be worn at all times
- * Please inform instructor if you are leaving class early and be sure to stretch!

Class Descriptions

Aqua Fit – Increase your cardiovascular fitness and muscular endurance through a variety of upper and lower body movements.

Aqua Blast – Class alternates between cardiovascular and muscular interval training.

Deep Water Aqua – Stay afloat wearing a buoyancy belt and increase your fitness level through aqua exercises. Eliminates all joint stress.

Athletic Conditioning – 30 minutes of spin to build endurance and total body, sports style conditioning through proven training methods.

Spin/Condition/Abs – Spin for 30 min condition your body for 30 min & finish with 15 min of ab training.

Spin – A cardio workout for all fitness levels through cycling at various tensions to awesome music.

Step It Up! – An energetic step aerobics workout that will challenge your body and your mind. Finishes with upper body strengthening & abdominal work.

Muscle Pump – Strengthen the entire body using various equipment with brief cardio intervals.

Lo Impact Aerobics – Choreographed routines will keep your body sweating and your mind challenged without any bouncing!

Energy Mix – A Hi/Low aerobics class mixed with strength training for a full body workout!

Balance & Tone – Improve your core strength and increase muscle tone through exercises! Appropriate for persons with mobility and balance concerns.

Stretch & Strength – Work on strengthening your core and stretch all your major muscles leaving you feel completely relaxed.

Yoga – Improve muscle strength and tone while also aligning the body and cleansing the mind through various postures, positions, and meditation.

Yoga Fit – Yoga concepts with more movement to keep the heart pumping!

Pilates – Build strength, improve flexibility and improve postural alignment by moving through slow, precise and functional exercises for a full toning experience.



GROUP



SCHEDULE

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