

Fall 2010-11



Featuring

- The very best drop-in style classes
 - MOC programs
 - New classes
- Training Information
- And more Fitness!

Fitness Committee

Travis Hay (Chair), Tara Acheson, Brian Johnson, Wendy Rodgers, Laura Hill (Board rep) E-mail fitness@royalglenora.com if you wish to join

Fitness Supervisor: Joshua Koehli BPE

780-482-2371 ext. 206 joshua.koehli@royalglenora.com

Fitness & Sport Performance Trainers

Cathy Taskey	780-975-7796	cathytaskey@shaw.ca
Lisa Workun	780-554-2919	lworkun@gmail.com
Nick Tsoukalas	780-906-2535	physique@telus.net
Josh Koehli	780-686-0268	koehli@ualberta.ca
Dr. Linda Blade	780-288-3601	slblade@telusplanet.net
Rob Pike	780-634-9546	athletefactory@gmail.com

Registered Dietitian

Charlotte Varem-Sanders	780-416-9025	varsan@telus.net www.pronutrition.ca
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You can contact trainers directly or you may contact the fitness office for assistance in finding a trainer that's best for you.

E-mail us fitness@royalglenora.com
or call: 780-482-2371 ext 206

CardioPASS Drop-in program

NEW MOC and Yoga programs included!!

The CardioPASS program is a drop-in program subsidized for RGC members in order to offer exceptional value for **only \$30.00 per month**. This monthly pass enables members to participate in all our drop-in fitness programs including MOC classes, spin, Yoga and more. Fill out the form for one month or for continual months at member services. Check out the CardioPass schedule.

Specialty Registered Fitness Programs

The Royal Glenora Club hosts a variety of Registered programs throughout the year in an attempt to accommodate member requests. These programs require a minimum of five registrants in order to run. You can register for these programs at member services or on Giga Sports. These programs may include Maximum Golf, Meditation for Relaxation, Tai Chi, Pilates and Ballroom dance.

Professional Fitness Training/Nutrition Services

Not sure how to use equipment properly in the fitness area? Want an individual plan tailored to your specific Fitness needs? Want to be motivated and pushed by a Fitness expert? For many, Personal training is the key to improving their fitness, wellness and health over the short or long-term. We have highly qualified trainers working together to accommodate your health-related or sport-specific needs. Sessions can be arranged on an as-needed basis with your fitness professional whether you need only a few sessions or ongoing regular workouts. All our professionals are available to accommodate your needs in whatever way works for you, this is what personal fitness training is all about. Training rates are \$60-\$70/hr for private sessions and \$70-\$85 for semi-private sessions.

Personal training sessions are provided by qualified fitness professionals and their bios are available on the fitness section of the RGC website.
www.royalglenora.com/sports-facilities/fitness



Cardio Pass (Drop-in) Classes

See drop-in schedule for class times

Fall schedule will be available in August 2010

Now including MOC programs and YOGA

Group exercise classes at the Royal Glenora Club are able to accommodate participants at any level. The goal of each class is to provide motivating music, careful instruction and to bring together groups of people who want to get fit and have fun. Give the Fitness office a call if you would like advice on what sort of program would be good for you.

- DROP IN: \$8.00 +GST EACH CLASS
- PLEASE SIGN IN AT THE FITNESS DESK EACH CLASS.
- GUESTS OF MEMBERS ARE WELCOME ACCORDING TO NON-MEMBER POLICY (MUST PAY BOTH DROP IN FEE + GUEST FEE) MAXIMUM 12 VISITS/YEAR
- Classes are cancelled on statutory holidays or as determined by the Fitness Section- SEE FITNESS NOTICE BOARD FOR UP-TO-DATE CANCELLATIONS AND HOLIDAY DROP-IN SCHEDULING
- If regular attendance levels drop below the minimum of 5 participants the Fitness committee will review the class for either a format change or a cancellation for the remainder of the season
- For the most up-to-date class schedule and info on the newest Cardio Pass classes checkout Fitness notices or Giga Sports under the Fitness tab. Schedules will also be available on our website.

Cardio Pass Class Descriptions:

The MOC programs:

MOC CardioRebound

MOC CardioRebound entails jumping on a specialized trampoline with easy to follow, safe and effective cardiovascular moves coordinated to music.

While the workout comes from pushing down (resisting) the rebounding surface, the surface is soft, thus reducing injuries common to runners, athletes and the aging population.

The class will help build bone and muscle density; improve coordination and balance; and eliminate toxins through lymph system stimulation. MOC's innovative and multi-level program will also include a series of specialized exercises for the abdominals and core.

No impact and suitable for all levels of fitness.

Research: Rebounding is an effective exercise that reduces your body fat; firms your arms, legs, thighs, abdomen, and hips; increases your agility; strengthens your muscles overall; provides an aerobic effect for your cardiorespiratory systems; rejuvenates your body when it's tired, and generally puts you in a state of mental and physical wellness. People who rebound find they are able to work longer, sleep better, and feel less tense and nervous. The effect is not just psychological, because the action of bouncing up and down against gravity effectively stimulates the lymphatic system without trauma to the musculoskeletal system. This unique discovery is central to the reasons rebounding has become one of the most beneficial forms of exercise ever developed.

MOC Step & Sculpt

Step Aerobics with a twist. A program that combines the cardiovascular benefits of step aerobics with some trendy and effective body sculpting techniques designed by Master Trainer Marjorie O'Connor and our fitness team.

MOC Function

This MOC program is designed to be a total body-conditioning (TBC) workout that incorporates the latest techniques in innovation and functional training. The MOC signature class helps to develop balance and stabilizing strength that will result in improved postural endurance. It boosts movement performance, efficiency, and safety. It helps to eliminate neuromuscular imbalances and improve everyday function. Best of all this class introduces a sense of fun and play into a functional conditioning program. MOC Function uses multi-level instruction for everyone. Shoes are used in this specialty class.

MOC Studio 54

Experience the hottest celebrity class in New York! MOC Studio 54 physique is a quick efficient and fun upbeat workout. In 54 minutes the series of motivating exercises will be completed followed by a stretch sequence. This is truly a back to basics class with a retro feel! Quick tempo music accompanies the progressive sequence of ballet inspired exercises, old school calisthenics and a pilate's repertoire of movements. It's a full body workout using bodybars, bands, free weights, balls and a mat to strengthen and lengthen every muscle group to create lean and sculpted bodies.

MOC Physique

This MOC program is designed to be the ultimate total body conditioning workout:

it moves, it flows, it'll refine and define. For a continual 60 minutes, the focus is on core and functional strength. Incorporating the latest techniques in resistance training using body bars, stability balls, tubing, bands, and gliders (and much more other fun stuff!).

MOC Physique is a multi-level class suitable for everyone who wants to get strong and buff.

MOC Pure Step & Fusion

This MOC program should appeal to those who love good ol' fashion step aerobics. Step Aerobics is one of the oldest group exercise formats yet it still exists because of it's effectiveness at elevating your heart rate and strengthening and toning your legs and butt. It doesn't end there as this class also incorporates a Fusion component that incorporates classic and effective Pilates moves.

MOC Total Body

This class will be offered on Saturday mornings with the goal of incorporating as many MOC techniques as possible. We call it the variety show of group exercise and it is a ton of fun. Total Body will involve a cardio component involving MOC modalities such as Step and Rebounding while using many more toning and sculpting techniques for the overall workout you need before enjoying the rest of your weekend.

MOC Cardio Plus

This class is designed for ultimate cardiovascular conditioning using the step, rebounders and cardio drills. Tons of variety with equipment to mix things up and make this a total body workout. Get ready for an upbeat, fun class with incredible results.

Other GREAT drop-in fitness classes:**ZUMBA**

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

Spin/Cycle

For the fall of 2010 we hope that more of our members will get involved in this popular, effective and enjoyable form of cardiovascular group fitness. If you are having trouble managing your weight, or if you are concerned about your cardiovascular health then perhaps you need a class like this to keep you motivated in maintaining your health. Cyclists, triathletes and the health-focused crowd are all welcome to come and benefit from our spin programs. You require no more skill than riding a bike (in fact it's even easier on an indoor bike) and spin classes can adapt to participants at many levels. You control your intensity. 8 of our spin bikes are equipped with clip-in pedals so feel free to bring your cycling shoes.

Spin & Resistance Training

For those who want to tackle two of the major components of Fitness. You can achieve a cardiovascular boost during the Spin portion and work on your muscular strength and endurance during the resistance training component. What a beautiful combination!

Functional Training Circuit

This multi-faceted class effectively works all the major components of fitness including balance, aerobics, strength, endurance, agility and more. Designed by resident athletic therapist, Lisa Workun, you will get a very effective and balanced workout during this class. Lisa and Marjorie have also combined forces to create MOC Function which should appeal to all you functional enthusiasts. Check-out MOC Function and more of the MOC programs to achieve your fitness goals.



Hatha YOGA/Yoga Flow

Now part of the Cardiopass program. Enjoy the valuable benefits that these dynamic classes will bring to your physical, mental, emotional and spiritual awareness. Hatha Yoga is comprised of a variety of movements and stretches that compliment any current exercise regime. This class consists of functional conditioning as well as relaxing and rejuvenating activities. Hatha Yoga assists you in achieving a new level of overall fitness. Please bring your own yoga mat and water bottle to class.

Short and sweet classes:

MOC Classical Stretch

Most women and men want strong, flexible, healthy and pain free bodies.

Classical Stretch (the Esmonde Technique) is designed to help you achieve that and more. We are pleased to offer this class as a MOC Program at the Royal Glenora.

An impressive list of Olympians such as diver Alexandre Despaties, goalie Kim St. Pierre, speed skater Jonathan Guilmette, and figure skaters Bryce Davison and Jessica Dube testify that Classical Stretch makes them faster and resilient to injury. Those who follow the Classical Stretch television series (PBS, seen in eastern Canada and throughout the US) achieve improved posture, relief from back pain and tight hips/shoulders, increased range of motion as well as the aesthetic benefits.

Liz Olson has taught Classical Stretch classes for over five years and is the only certified instructor west of Montreal. She explains that this is a flexibility program that actively strengthens and stretches the muscles in a lengthened position.

This allows a deeper stretch and produces a long, lean physique. You will walk away feeling taller, tauter and looser in the joints.

No shoes required in this class.

CUT TO THE CORE

A short class to add to your workout regime with a focus on conditioning the core during dynamic and unstable movements with some balance work. This condensed class is for everyone that wants a stronger core. Will be accommodating for those of all fitness levels.

See Fitness Studio Door for drop-in schedule or obtain your own copy at member services or Fitness desk. Schedules are also available on the website. Information for new classes, cancellations or rescheduling will be posted on our Fitness Notice Boards.

Specialty Registered Fitness Programs

- NO drop-in available for registered programs unless approved by instructor (\$15/class)
 - PLEASE NOTE THAT ALL REGISTERED CLASSES REQUIRE A MINIMUM OF 5 PARTICIPANTS IN ORDER TO RUN THE PROGRAM
 - PLEASE BE RESPECTFUL OF CLASS INSTRUCTORS AND PARTICIPANTS BY ARRIVING FOR CLASS ON TIME
 - REGISTER ON GIGASPORTS OR AT MEMBER SERVICES
- Registration deadline - 24 hours prior to start date

Pilates Transition class

Those who are new to Pilates should participate in this 7-week transition class to learn more about the art of Pilates and to be able to progress their skills in order to transition into our regular Pilates class.

DATE	TIME	DAYS OF WEEK	COST	CODE
September 17- October 29	10:30 am - 11:30 am	Friday (7 classes)	\$100	FPT1

PILATES Day-time

**This program is not recommended for beginner Pilates participants. Beginners should complete the transition class prior to joining this class.*

The Pilates Method of exercise is a safe and comprehensive training program that develops a functional and efficient body. It develops the body as an integrated whole, combining conscious control, correct breathing, precise movement, and proper alignment. Pilates exercises focus on strengthening the core muscles of the torso while increasing strength and flexibility of the spine and limbs. Rather than working muscles in isolation, Pilates teaches the muscle systems of the body to coordinate and support each movement. The result is a body that moves with ease and efficiency, with improved posture and increased energy.

INSTRUCTOR: Tania Alvarado
Location: Fitness Studio
Class Maximum: 12 participants

DATE	TIME	DAYS OF WEEK	COST	CODE
September 13- December 22 (Full season)	10:30 am - 11:25 am	Mon/Wed (29 classes)	\$350	FPC1
September 13- October 27	10:30 am - 11:25 am	Mon/Wed 13 classes	\$170	FP01
November 1 – December 22	10:30 am - 11:25 am	Mon/Wed 16 classes	\$210	FP02

No class on Thanksgiving day October 11, 2010



KUNG FU for YOUTH AND ADULTS

Now offering two classes per week. Train Kung Fu at the Royal Glenora Club! This program offers Shaolin and Wing Chun styles of Kung Fu to promote excellent health and develop powerful self-defense skills. Joints, tendons and ligaments will strengthen to help prevent injury and increase speed and strength with explosive energy! Other benefits include increased discipline, better focus and higher confidence. It will change your life for the better in every way! Good for all backgrounds, ages and fitness levels. Call Mike Gubbels at (780) 479-4289 if you have any questions.

INSTRUCTOR: Mike Gubbels

Location: Fitness Studio

DATE	TIME	DAYS OF WEEK	COST	CODE
September 12-December 15 2x/week	2:00 pm - 3:30 pm 7:30-9:00 pm	Sunday & Wednesday	\$300/28 classes	FKF3
September 12-December 12 1x/week	2:00 pm - 3:30 pm	Sunday only	\$170/14 classes	FKF4
September 15-December 15 1x/week	7:30-9:00 pm	Wednesday only	\$170/14 Classes	FKF5

Drop-in rate of \$15/class will be charged to participants who are not registered.
Register for the best value.

Meditation for Relaxation

Feeling tired and stressed? Do you really know how to relax? In fact many North Americans struggle to relax and often feel they are chasing the clock in their very busy lifestyles. Master hypnotist Elizabeth Danyluk, practices what she preaches and wants you to have the ability to relax and clear your mind. Join Elizabeth for any of the below sessions to learn more about hypnosis and deep meditation and finally...relax. Please arrive early and wear comfortable clothing. There is a brief orientation before the session where you may ask questions, but the remainder of the session will be quiet. You can expect overall benefits from this experience to include: increased concentration, increased production of serotonin, decreased muscle tension, feeling energized and at peace and feeling rested as if you had two hours of sleep.

INSTRUCTOR: Master Hypnotist Elizabeth Danyluk

Location: Crystal room

DATE	TIME	DAYS OF WEEK	COST	CODE
<i>September 21</i>	8:00-8:30 pm.	Tuesday	\$12.00	FM1
<i>October 26</i>	8:00-8:30 pm.	Tuesday	\$12.00	FM2
<i>November 23</i>	8:00-8:30 pm.	Tuesday	\$12.00	FM3

Please register in advance and arrive early.



Tai Chi in Yoga Chi

Tai Chi In YogaChi - is an exercise system that incorporates gentle, yet effective stretches from external Chinese Chi Gong (Chinese Yoga), and the graceful, dynamically slow, yet nimble movement of Tai Chi Chuan (primarily Yang Style). The primary aim of this fusion is to restore and infuse "physical youthful attributes" to the practitioner. These Physical Youthful Attributes are: flexibility, suppleness, agility, nimbleness, energy with strength & stamina, balance and responsiveness (timing).

This class is suitable for any one who can walk & lift up their arms. As the group progresses, the workout will be adjusted to incrementally challenge the practitioners. Participants are encouraged to come regularly to benefit from this exercise.

INSTRUCTOR: Paul Yapp- Tai Chi, Chi Gong & Martial Arts (40+years), Yoga (15+ years, Senior Certified Teacher - Yoga Association of Alberta)

Location: Courtside room

<u>DATE</u>	<u>TIME</u>	<u>DAYS OF WEEK</u>	<u>COST</u>	<u>CODE</u>
September 16- December 16	5:30-6:30 p.m.	Thursday	\$170/13 classes	FOTC1

Drop-in not available- by registration only

Must meet 5-person registration minimum: No class on Remembrance Day November 11



Stay tuned for additional registered programs throughout the year including Ballroom dance, Maximum Golf, Bootcamp and more!
