

RGC FITNESS CENTRE 2010

**So many choices.....for everyone.
Here's your guide to better health!!!**

CardioPASS Drop-in program

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 a variety of group fitness classes. 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.

Yoga Punch Pass Program "NEW"

The Royal Glenora Club has identified Yoga as an essential and popular program and we would like to make it even easier to participate by offering members the chance to purchase a Yoga punch pass to participate in any of our five Yoga classes. 10 punch pass- \$120.00 20 punch pass-\$200

Personal 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.

Personal 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
Registered Dietitian		
Charlotte Varem-Sanders	780-416-9025	varsan@telus.net

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

780-482-2371 ext 206

For **Fitness** inquiries contact

Joshua Koehli, Fitness Supervisor

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

For **Sport Performance** Training and Programs contact

Dr. Linda Blade, Sport Performance Manager

780-482-2371 ext. 206 linda.blade@royalglenora.com

Royal
GLENORA
CLUB



Cardio Pass (Drop-in) Classes

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
- 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 includes the following classes:

GROUP EXERCISE FOR EVERYONE

This hour long class meets all your fitness needs. You will be using various modalities to challenge your heart, lungs and muscles. The instructor will make modifications to suit participants at all levels. ALL ARE WELCOME!

STEP & STRENGTH

The traditional Step aerobics class loved by many with a strength component for a perfect complement to an overall body workout.

SPORT STEP & STRENGTH

The intent of sport step is to challenge the regular step aerobics crowd while appealing to those who would like an easier style to learn from that requires less choreography and more functional style movements. A variety of equipment will be used during the strength component of this class.

CHOREOGRAPHED STEP & STRENGTH

Choreographed step class focuses on adding more intentional footwork to challenge both the body and mind. Bring your biomotor coordination with you! A variety of equipment will be used during the strength component of this class.

AEROBIC FIT

Aerobic Fit is about combining new modalities, tools and functional training into our popular step routines in order to challenge you even more. This class will primarily focus on functional circuit training with a small but important aerobic portion.

CARDIO BOOTCAMP

If you are looking for some more intensity in your life then here it is. This is a class with simple but high intensity moves for a great cardio and strength workout to tire you out and keep you coming back for more. Cardio Bootcamp incorporates a variety of exercises that tax the body aerobically and anaerobically to build overall fitness.

SPIN

Great music to inspire you, through a ride of varied “terrains” by the use of resistance and varied speeds. This class allows individual control of intensity. Spin classes are for both entry level participants and for those who want to push their limits.

SPIN & RESISTANCE TRAINING

This is a class that will help your cardiovascular fitness while using a spin bike. It will also include a strength component to give you a great overall workout.

CLASSIC CIRCUIT

Circuit is a class that combines cardio with a pyramid type resistance-training component. This whole body workout will challenge most, and is also suitable for entry-level participants.

FUNCTIONAL TRAINING CIRCUIT (FOR THE MATURE POPULATION)

Okay maybe we have designed this class to target the more seasoned individuals (perhaps the 55+ crowd???), but don't let a target age range turn anyone away. Functional training is essential for our health and this class will benefit everyone by training those essentials such as balance, core stability, mobility and range of motion.

HEART PUMP SPIN & CIRCUIT

Circuit is a class that combines cardio with a pyramid type resistance-training component BUT this circuit class will also incorporate a 20-minute cycling component to focus on our heart and lungs.

YOGILATES

Integrating yoga and Pilates for complete fitness, strength and flexibility. This class will improve posture, and create a long lean physique. A great way to incorporate strength, balance and toning all in one.

CARDIO KICKBOXING

By integrating simple kickboxing moves into a general strength and conditioning class you will be challenged both physically and mentally. This class will have groovy tunes and be just plain fun!

COMPLIMENTARY Classes!!

STRETCH

Find it hard to find time to stretch on your own? Join a 20-minute stretch class to improve flexibility. An instructor will help you with proper stretching techniques so you are able to target those tight muscles. Will be accommodating for those of all fitness levels.

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.

Yoga Punch Card Program New for 2010!

We are now offering a universal Yoga Punch Card so that RGC Yoga enthusiasts can enjoy any Yoga classes at their convenience for a reduced drop-in rate. How does it work?

You can choose from either a 10-punch card for \$120.00 or a 20-punch card for \$200.00 and drop-in to any of our Yoga classes.

Where do I get a Yoga Pass?

Starting **January 4, 2010** you can purchase a Yoga Punch card from your instructor or at member services.

- Drop in fee \$15.00 + GST per class
- *PLEASE BE RESPECTFUL OF CLASS INSTRUCTORS AND PARTICIPANTS BY ARRIVING FOR CLASS ON TIME*
- *If a class reaches capacity then priority is given to those participants with a Yoga Punch Card*
- Schedule subject to change.
- **Absolutely NO REFUNDS on Yoga Punch Cards.** Yoga class credits must be used within one year of activation (purchase) date.
- No classes on Easter weekend

YOGA FLOW Daytime

Learn how to stretch and tone in an environment that helps relaxation. Focus on breathing and stretching designed to increase your physical and mental awareness. Please bring your own yoga mat and water bottle to class. **Starts January 12, 2010**

INSTRUCTOR: Libby Clark

Location: Fitness Studio

Time: 10:30-11:25a.m. Tuesday and Thursday

Cost: \$15.00 drop-in OR Yoga Punch Card

Dynamic HATHA YOGA Evening

Enjoy the valuable benefits that this dynamic class will bring to your physical, mental, emotional and spiritual awareness. Hatha Yoga is comprised of a variety of movements and stretches that compliments 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.

Starts January 19, 2010

INSTRUCTOR: Elizabeth Danyluk

Location: Fitness Studio

Time: 6:00-7:00pm Tuesday and Thursday

Cost: \$15.00 drop-in or Yoga Punch Card

Sunday Morning Dynamic FLOW Yoga

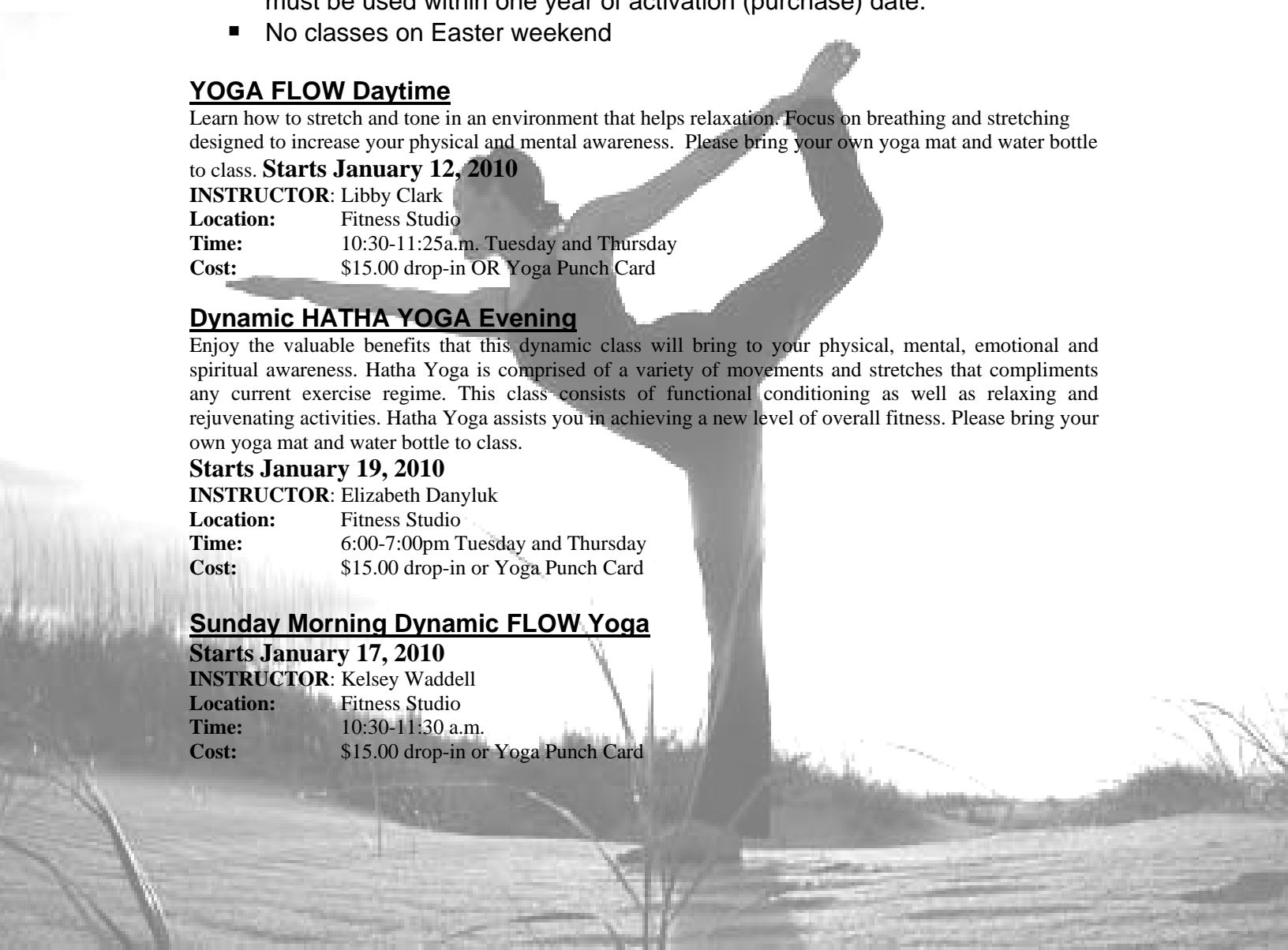
Starts January 17, 2010

INSTRUCTOR: Kelsey Waddell

Location: Fitness Studio

Time: 10:30-11:30 a.m.

Cost: \$15.00 drop-in or Yoga Punch Card



Specialty Registered Fitness Programs

- **Drop in fee \$15.00 + GST each 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*
- *If a class reaches capacity then priority is given to those registered for the program over and above all drop-in participants*
- **NEW OPTION! If you register for the entire season (January-April) save even more and don't be hassled by having to register as frequently**
- No classes February 15 (Family day), April 5 (Easter Monday)
- Registration available January 4, 2010
- **Registration deadline – 24 hours prior to start date**

PILATES Day-time

**New participants are welcome to join this class by first attending the Friday Pilates Transition class in order to prepare for the program. See "Friday Pilates Transition Class" for more details.*

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

<u>DATE</u>	<u>TIME</u>	<u>DAYS OF WEEK</u>	<u>COST</u>	<u>CODE</u>
January 18- April 28 <i>(Continuous season)</i>	10:30 am - 11:25 am	Mon/Wed 28 classes	\$280	F0PC
January 18- March 3 <i>(7 weeks only)</i>	10:30 am - 11:25 am	Mon/Wed 13 classes	\$160	F0P1
March 8- April 28 <i>(8 weeks only)</i>	10:30 am - 11:25 am	Mon/Wed 15 classes	\$170	F0P2

No class on February 15 (Family Day) and April 5 (Easter Monday)

*Friday PILATES Transition Class

Prepare to participate in our very popular daytime Pilates class by first learning the skills to successfully participate in this program. Once participants have completed the transition class they may then join the Mon/Wed program. In order to accommodate all members interested in joining Pilates in 2010 we will offer this program on an as-needed basis. Please ask to have your name added to the waiting list and we will contact you when the class minimum of 5 participants is reached in order to offer this program.



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: Fitness Studio

<u>DATE</u>	<u>TIME</u>	<u>DAYS OF WEEK</u>	<u>COST</u>	<u>CODE</u>
January 19- March 9 (8 weeks)	5:00-6:00 p.m.	Tuesday	\$100.00/8 classes	FOTT
January 22- March 12 (8 weeks)	1:00-2:00pm	Friday	\$100.00/8 classes	FOTF
March 16- May 4 (8 weeks)	5:00-6:00 p.m.	Tuesday	\$100.00/8 classes	FOTT2
March 19- May 14 (8 weeks)	1:00-2:00pm	Friday	\$100.00/8 classes	FOTF2

No Class on Good Friday April 2, 2010.

KUNG FU for YOUTH AND ADULTS

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

<u>DATE</u>	<u>TIME</u>	<u>DAYS OF WEEK</u>	<u>COST</u>	<u>CODE</u>
January 17- April 25 <i>(Continuous Fall-Best price!)</i>	2:00 pm - 3:30 pm	Sunday 14 classes	\$150.00/14 Classes	FKFC
January 17-February 28 <i>(2 months)</i>	2:00 pm - 3:30 pm	Sunday 7 classes	\$80.00/7 Classes	FKF1
March 7-April 25 <i>(2 months)</i>	2:00 pm - 3:30 pm	Sunday 7 classes	\$80/7 Classes	FKF2

No Class Easter Sunday April 4, 2010

