

2019 Fall Sneak Peek of Registered Fitness Classes

August 25- 30, September 3- 7)
(No classes on August 29 & 31, September 1 and 2)

Sunday, Aug 25	Monday, Aug 26	Tuesday, Aug 27	Wednesday, Aug 28	Thursday, Aug 29	Friday, Aug 30	Saturday, Aug 31
Push 'n Pull for Power 10:45-11:30am Gina	Yoga for Non-Yogis 7:45-8:30pm Donna	Wellness Training Fitness 6:00-6:45pm Amanda K	Fit for Life 7:45-8:30pm Lesley		Stacked 10:15-11:00am Derrick	
		Kickboxing 6:05-6:50pm Jay				
Sunday, Sept 1	Monday, Sept 2	Tuesday, Sept 3	Wednesday, Sept 4	Thursday, Sept 5	Friday, Sept 6	Saturday, Sept 7
		Strong & Steady Flow 8:00-8:45pm Gina	Rogue Yoga 11:00-11:45am Trisha	Accessorize 6:05-6:50 Jay	Senior Stretch & Release 10:00-10:45am Hailey	Superior Posterior 8:00-8:45am Derrick
			SP Monthly Challenge 5:30-6:15pm Trisha	Pilates Evolution 6:45-7:30pm Jasmine	Bars & Bells 10:30-11:15am Jay	
			Smart Start Spin 6:00-6:45pm Hailey	Yin Meditation 7:45-8:30pm Jennifer		
			Functional Fusion Flow 7:10-7:55pm Gina			

Fall Sneak Peek event is a great way to try some of our new registered programs. Please pre-register at the Fitness and Wellness Desk to reserve your spot today!

Class Descriptions

Accessorize: In Accessorize you will learn a variety of lifts to compliment your strength training. Each class you will focus on a number of conventional lifts, carries, and unorthodox lifts with a primary focus every session. Classes will mainly include resistance training utilising many different tools and protocols including calisthenics. If you need a break from your typical regime, or ideas to compliment your primary lifts, Accessorize will provide you the variety you may need. Locations: Christenson Track Corner 3.

Bars & Bells: In Bars & Bells you will learn how to lift heavy weight without sacrificing your cardiovascular conditioning. This class combines the best of strength and conditioning, teaching you the proper technique for the major barbell lifts, as well as training your metabolic system with kettlebells. Squat, swing and press your way to a fit physique! Some previous experience with resistance training is recommended. Location: Christenson Track Corner 3.

Fit for Life: Are you ready to begin your fitness journey? Are you interested in learning how to make lifestyle changes but not sure where to start? Fit for Life will guide you through a variety of exercise modalities in a comfortable and encouraging atmosphere three times a week. You will receive nutrition guidance throughout and participate in weekly weigh-ins and measurements to achieve real and lasting results. Join today and become Fit for Life.

Functional Fusion Flow: A combination of Mat Pilates enhancing joint mobility, alignment, posture, core conditioning in addition to easy to follow yoga movements using light resistance on the Kinesis Wall (Yoga and Pilates experience not necessary) You will leave this class with a feeling of overall rest and recovery. Participants with past Functional Fusion Foundation experience as well new with no previous experience are welcome in this all levels class.

Kickboxing: Kickboxing offers a great metabolic workout that will train your mind and body. Get ready to punch, elbow, knee and kick pads and heavy bags. Improve strength and power in this dynamic class. Enhance your joint mobility, flexibility, balance, stability and body awareness all while having fun and being challenged in a safe and welcoming atmosphere. The use of hand wraps and a mouth guard is suggested but not required. If you would like to participate in the optional light contact drills the mouth guard is mandatory. No previous martial arts experience is required. All fitness levels are welcome. Location Christenson Track Corner 4.

Pilates Evolution: Learn the basics of Pilates and how to build off of those foundations. With an integration of joint mobility and Pilates, along with the use of props including the Kinesis Wall, you will learn how to mobilize, stabilize and use your core in application to functional movements. Pilates is a full-body exercise method that will help you do everything better. No previous experience required. Location: Mind Body Studio

Push 'n Pull for Power: How much wattage can you push out of a bike and pull out of a rower? Short periods of core and calisthenics recovery will be inserted before starting your next big interval. Push 'n Pull for Power challenges are muscle maxing and calorie torching! Gina's coaching will help you to maximize your power both physically and mentally. All fitness levels are welcome.

Rogue Yoga: Think you know yoga? Think again. Come join us for a strong yoga practice to break up your week. Just like you, this yoga doesn't belong in a box. The instructor will incorporate fitness into well known yoga poses. Don't worry if you are unfamiliar with some of the poses, all you need is a smile and a willingness to challenge yourself in this total body yoga workout. All levels are welcome, with some yoga experience. Location: Tailor Made Insurance Fitness Studio.

Seniors Stretch & Release: This class will combine myofascial release techniques and certain yoga poses. It will cater to improve flexibility, and relax still and achy muscles by using tools such as foam rollers, blocks, balls, and straps. There will be some yoga poses which makes this a unique class in that each pose will be chosen with the intent to be modified in multiple ways in order to make the class as accessible for anyone to attend. All levels are welcome. Location: Mind Body Studio

Smart Start Spin: New to spin? Join us for this introduction to indoor cycling. This program begins at a nice, easy pace with the fitness level gradually progressing over the course of the program. A great start to your cycling experience. Location: Eyeland Optical Track Corner 2

SP Monthly Challenge: Need help staying on track? Are you motivated by external goals and incentives? This program is built to challenge you to stay on track and rise above the rest! Week one is getting familiar with the tests, exercises and getting a program. Form there each week will increase in intensity to prepare you for the final challenge. Who will finish on top for the ultimate glory and prizes? Exercise technique and progression will be taught so all fitness levels can compete successfully. Gin in on the Servus Place Monthly Challenges today.

Stacked: A power packed class that is Stacked with all kinds of cardio and resistance training as a variety of equipment will be used during the session. This class is suitable for all fitness levels and no workout is ever the same. Location: Christenson Track Corner 4.

Strong & Steady Flow: This integrated class will fuse strong Pilates core sequences with a softer steady flow of Hatha yoga. Fusing these movements will leave you feeling empowered, strong yet enlightened by the breath of yoga. It will have you saying "Savasanaaaaaaaah"

Wellness Training Fitness: This program addresses nearly every facet of fitness- aerobic and muscular endurance, full body strength, explosive power, speed, joint mobility, and flexibility. This class will promote mental toughness- breaking past perceived and or real physical limitations. The overall goal is to have each participant leave as a better version of themselves. Fitness takeaway programs will be given out each week, to promote continued workouts outside of the program. Wellness Training Fitness welcomes all levels of fitness. Location: Christenson Track Corner 3.

Yin Meditation: Known as the quiet, deeper release practice, Yin Yoga targets the connective tissues of the hips, pelvis, and lower spine. Yin postures are held for three to five minutes which gives the body an opportunity to open and release tension from deeper tissues, clears blockages in our meridians and increases the flow of our energy system (chi); aiding to improve the health of our organs and overall health and well-being. This form of yoga is a great compliment to more active practices, and aids and prepares for the sitting meditation that will enable a calmer, quite mind. Location: Mind Body Studio

Cost: drop-in admission or membership required. The Fall Sneak Peek schedule is subject to change. For further information please call the Fitness and Wellness Centre desk at 780.418.6053 or check www.servusplace.ca for updates.

Fall Sneak Peek drop-in programs are open to participants 16 years of age and older. Youth 12 – 15 years of age will also be permitted upon completion of the Smart Start for Teens orientation program. *Programs are subject to change due to instructor and space availability.*

Please see our Servus Place 2019 Fall Program Guide for all Fitness Services and Programs offered.

Child-minding hours of operation:

Regular Fall hours

Monday – Friday	8:45am-2:15pm
Monday-Thursday evening	5:30-8:00pm
Saturday	8:00am-1:00pm
Sunday	9:00am-1:00pm

updated: July 29, 2019