

# 2019 November Fitness Fast Class Schedule

Each month you are invited to drop into one of our 30-minute Fast Classes led by an Exercise and Wellness Specialist. Add to your own toolbox as you learn, experience and gain new insights into the gym, new techniques and exercises. Each month different days will host a variety of themes that each week will build upon. Feel free to ask questions, participate and gain invaluable information during these Fast Classes. All fitness levels are welcome to join. For further information please contact the Fitness and Wellness Desk.

## November Feature Fast Class Options:

**Mondays 1:30 - 2:00pm – Charles L**

**Core Beyond Crunches** Location: Track Corner 4

-Different carries, press variations, rotation/anti-rotation and stability exercises

**Tuesdays 8:00 - 8:30am – Andrew D**

**Myofascial Release** Location: Tailor Made Insurance Fitness Studio

-Learn how to effectively use the foam roller and other tools to help relax contracted muscles and fascia

**Tuesdays 7:45 - 8:15pm – Lesley O**

**Surviving the Holidays-** Location- Tailor Made Insurance Fitness Centre

-Tips and exercises to help you get through the holiday season stress free with little movement snacks you can use immediately

**Wednesdays 1:30 - 2:00pm – Amanda K**

**TRX-** Location- Tailor Made Insurance Fitness Studio

-Learn how to properly set up, perform variations of upper and lower body exercises to provide a full body workout

**Wednesdays 7:50 - 8:15pm – Karen C**

**Continuous Cardio** Location – Track corner 4

-Cardio can be more than the treadmills and ellipticals. Come and explore a continuous hi/lo cardio class to add variety to your workouts

**Thursdays 8:00 - 8:30am – Conrad H**

**Ab Blast-**Location: Tailor Made Insurance Fitness studio

-Work your core in this 30-minute ab class

**Thursdays 7:45 - 8:15pm - Braedon M**

**Squat Techniques** Location Track Corner 3

-Join us to get squat technique pointers to refine your squat patterns

**Fridays 1:30 - 2:00pm – Jay V / Jasmine V**

**Release & Mobility** Location: Tailor Made Insurance Fitness Studio

-Learn appropriate variations for your body and how to incorporate into your workouts

## Attendance

A wristband is required for all Fast Class sessions. Come to the location or meet at the Fitness and Wellness desk for Fitness Centre sessions and enjoy the class.

# Meet some of our Exercise and Wellness Specialist team members



## Charles L

Charles is a Certified Personal Trainer with the Canadian Society for Exercise Physiology and a 2017 graduate of the NAIT PFT program. He is also Strength and Speed specialist certified through Agatsu. As well as a Corrective Exercise Specialist through NASM.

Charles love of physical activity came from his childhood varied sports. He discovered a love of endurance sports in his mid to late 20's. at time in which he completed many 10k, half marathons, marathons, and various distance triathlons. During this time, he became a coach with a charity that

trained people to various distance endurance races. Here he developed his love of helping others attain their fitness goals.

He defines his sessions as simple, challenging, and efficient with an emphasis on proper form and mobility. His favorite client is anyone with a goal and a willingness to work towards it!

Charles' favorite exercise is the Pallof Press



## Jasmine V

Jasmine has been in the Fitness Industry for 9 years following 8 years of Coaching Gymnastics/Cheerleading. Through her passion of helping people Jasmine has found her niche in working with Corrective Exercise and Special Populations here at Servus Place.

Jasmine teaches a lot of our mainstream programs such as Kettlebells, Spin, TRX, and Fit Happens (to name a few) as well as working with a diverse

population in Personal Training. She is always taking courses, ensuring she keeps up on new education and new ways to help clients improve their quality of movement and quality of life. Jasmine can be found teaching programs such as Joint Mobility, Kinesis for Special Populations, Pre and Post Natal, Pilates, as well as working with one on one clients of diverse backgrounds and abilities.

Jasmine's favorite exercise is the hip mobility frog number 1 drill



## Peter R

Peter has over 12 years experience working in both England and Canada as a Personal Trainer and Strength and Conditioning Coach. During this time, he has coached clients through dramatic body transformations and trained athletes looking to compete at the local, collegiate, and International/Olympic level in many different sports (including disabled as well as able bodied competitions). As well as working with experienced gym goers and athletes Peter enjoys teaching correct exercise technique and form to people new to the gym

as well as helping his senior clients develop functional strength and mobility to assist in their day-to-day living. Peter teaches group fitness classes including metabolic interval training, body sculpting, core strength, as well as Boxing Focus Mitt training (which he also provides on a one to one basis). He strongly believes that in order for your training and nutrition program to work it must motivate you and therefore be tailored to suit your personality. Peter's wide range of experience and skills allows him to select the best strategies for individuals whether that be losing weight, building muscle or developing explosive strength and power. His aim is to help people develop the necessary commitment in attaining their goals and live a healthy balanced life. Just get in touch.