







JCC Summer Fitness Classes: July 2–Sept 5, 2010

Member Included Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:45 am			BootCamp (MPR)(45min)	Indoor Cycling (MPR)(45min)		Fitness classes are in the Upper Studio and are 60 min in length (unless stated) BR= Board Room MPR= Downstairs Studio SL= Senior Lounge WR= Weight Room * =Sign-up in Weight Room prior to class		
7:30 am	Healthy Heart		Healthy Heart		Healthy Heart			
9:15 am	Cardio Sculpt	Step & Core	Cardio & Sculpt	Groove	F.I.T			
			Circuit* (WR)		Cycle & Sculpt (MPR)		Ab Attack (10:00-10:30)	
10:30 am	Snr's Fun Fit (10:25)	Gentle Yoga <i>Note: upper studio for the Summer.</i>	Snr's Fun Fit (10:25)	Gentle Yoga <i>Note: upper studio for the Summer.</i>	Snr's Fun Fit (10:25)		Cardio Salsa (10:30)	
	OsteoFit for Life (SL) 		OsteoFit for Life (SL) 		Intermediate Yoga (BR) 		Int/Adv. Yoga (MPR) (10:35 -11:50)	
11:30 am	Healthy Heart		Healthy Heart		Healthy Heart			
	Joint Works (SL)  (11:45-12:30)	Passport to Wellness (WR) (12:00)	Joint Works (SL)  (11:45-12:30)	Passport to Wellness (WR) (12:00)				
2:30 pm	Healthy Heart		Healthy Heart	6 weeks ONLY! Outdoor BootCamp 6:15-7:15pm July 29 - Sept 2 (No class July 8-22) NOTE: class held outside Wt. Room. If raining class will be in upper studio.	Healthy Heart		BootCamp (4:00)	
6:15 pm	Step & Sculpt	BootCamp (75 min)	F.I.T		 =Registered Program; please register at Reception/ jccgv.com. Dates differ from fitness classes. Drop-ins available for some programs- please confirm space is available and course is running.			
6:45 pm	Gentle Yoga (MPR)		Intermediate Yoga (MPR)					

- Ab Attack:** A 30-minute class focusing on abs, hips and the lower back.
- Athletic Ball:** Try this dynamic exercise ball class to challenge the core, legs, arms and everything in between.
- Boot Camp:** Back to the basics - push-ups, squats, jumping jacks, & more.
- Cardio Salsa:** Fire up your body with the spicy beats of salsa with a fitness flow.
- Cardio Sculpt:** A muscle sculpting workout with cardio intervals for a complete body workout.
- Cardio & Sculpt:** 30 min of Cardio followed by 30 min of Sculpt. A complete body workout; your body will thank you....when you're done!
- Circuit Training:** Conducted in the weight room, this class combines the use of weight machines and free weights to focus on muscular strength and endurance. (Register in the Weight Room before each class; max. 18. Members Only)
- F.I.T. (Fitness Interval Training):** A powerful class that keeps you moving through intervals of cardio, muscle sculpting and core.
- Groove:** Exhilarating total mind body fusion of hi/lo & dance moves.
- Joint-Works:** Designed by The Arthritis Society, this class takes into consideration pain, fatigue, decreased strength and mobility. Assessment and guidance are offered for those who are not sure where to begin.
- Seniors' Fun Fit:** A great class for seniors, and those just beginning a fitness program. This class will help to increase your energy level, coordination, and stamina in a more gentle atmosphere.
- Step & Core:** Step-it-up with a dynamic step class followed by an extended abdominal component.
- Step & Sculpt:** Maximize your time and burn countless calories in this full body workout that starts with an aerobic Step workout and finishes with a muscle conditioning workout.
- Yoga:** Experience the connection of the mind, body and spirit with a Hatha-style class designed to improve flexibility and tone your body. Check schedule for levels.

Above listed Fitness classes are included in your JCC Membership

Non-member drop-in fee = \$16+tax or \$110+tax/8 visit card.
Note: Reduced Rates for Joint Works and Seniors' Fun Fit inquire at reception.

Registered Programs

Come try our new bikes!



Indoor Cycling

Thur Jul 8- Aug 26 6:45-7:30am
Instructor: Toni Durbin M\$91/ N\$118 +tax

Cycle and Sculpt

Fri Jul 9- Aug 27 9:15-10:15am
Instructor: Hector Loh M\$95/ N\$124 +tax

Mixed Level Pilates

Thur Jul 8- Aug 26 9:15-10:15am
Instructor: Hector Loh M\$94/N\$124 +tax

Drop -In Cost (space permitting)
M\$15.50/N\$18.50 +tax

New !
New !
New !

Coming Fall 2010!

New !
New !
New !

More Indoor Cycle classes!

Boxing Bootcamp

Boxing: Conditioning & Drills

Laughter Yoga

Baby Boomer Fitness

abXtreme Circuit

Adapted Fitness Programs

Healthy Heart- Cardiac Rehabilitation

Specialized group training for those with Cardiovascular Disease.
(Max 15 per group. Register at any time).
Mo/We/Fr 7:30-8:30am; 11:30am-12:30pm or 2:30-3:30pm
Monthly fees: M\$42.00/N\$62.00 +tax (+ registration fee M\$59/N\$74)

Osteofit for Life

This BC Women's Hospital inspired program focuses on building strength and preventing falls.
Mo/We 10:30-11:30am Jul 5 - Aug 25 M\$67/N\$84 +tax
(Summer Drop-in: M\$6.75/N\$8.75 +tax)

Passport to Wellness

Specialized group training for those recovering from an acute condition. Program starts with a personal fitness assessment.
10 group sessions **Tu 12:00-1:00pm, or Th 12:00-1:00pm**
plus 10 workouts of your choice anytime.
Register anytime. M\$62/N\$126 +tax (20 sessions)

Member Included Programs

Group Fitness Classes

See other side for details and descriptions>>>

Orientations

New member Orientations

All new members are encouraged to make use of this FREE program guided by our fitness staff. Please call the Weight Room 604-257-5111 ext. 214 to book your FREE Orientation.

For more details and to register: www.jccgv.com

For more information contact:
Talitha Johnston- Fitness Director
t: 604-257-5111 ext. 218 e: lifestyles@jccgv.bc.ca

Personalized Programs

Personal Training

Exercise smarter and more efficiently and get results! **Visit website for more info & client package.**

PERSONAL TRAINING AVAILABLE FOR:

- Beginners
- Weight loss/ Weight gain
- Injury rehab/ Injury prevention
- Pre/Post Natal
- Sport specific training
- **And more.....**

Individual and Partner Training:

RATES (tax not incld.)	60min*	30min
One-on-one	M\$59 N\$72	M\$34.50 N\$48
With a partner	M\$34.50 N\$48	M\$22 N\$35.50
*further savings with 3-4 participants		

Group Personal Training: Enjoy the benefits of Personal Training for a shared cost. (Max 4 participants/group). [Client Package](#) must be filled in advance.

Teen Training: For Teens age 11+ Start your teen off on the right foot with a Personal Trainer. This program is designed specifically for teens to motivate, encourage them and introduce them to the weight room environment

Group Teen Personal Training also available. [Client Package](#) must be filled in advance by parents



Contact us to set up group Personal Training sessions at your preferred time.
personaltraining@jccgv.bc.ca