

# FALL CLASSES 2021

valleyfitnesscentre

# VFC

Non-Profit Society serving the valley since 1987

722-14<sup>th</sup> Street, Invermere (250)342-2131

Hours of Operation: 4:00am-12:00 midnight

**\*key fob access only outside staffed hours**

Staffed Hours:

Monday-Friday 8:00am – 8:00pm

Saturday & Sunday 8:00am – 4:00pm

STAT Holidays 9:00am – 3:00pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 AM	Yang Yin Yoga Ellen 60 min	6:00 Spin Taryn 60 min	Yoga Joanne 60 min	6:00 Spin Taryn 60 min		
7:00 AM		Strong HIIT Taryn 55 min	8:30 Spin Hayley 60 min	Strong HIIT Taryn 55 min	8:00 Yin Yoga Ellen 75 min	
8:45 AM	Body Blast Ellen 55 min	Fusion Ellen 55 min	Body Blast Joanne/Taryn 55 min	Fusion Ellen 55 min	9:30 Body Blast Taryn 55 min	9:30 BodyBurn Taryn 55 min
10:00AM	Strength&Stretch Becky/Ellen 55 min	Body Blast Taryn 55 min	Strength&Stretch Taryn 55 min	Body Blast Taryn 55 min	10:30 Strength&Stretch Taryn	
11:05AM	Strength&Stretch Ellen 55 min		Strength&Stretch Taryn 55 min			
12:05PM		Buns & Guns Taryn 45 min	Lean & Mean Taryn 45 min	StretchRecovery Taryn 45 min		
5:30PM	Ripped Taryn 55 min	SASS Ellen 75 min		SASS Ellen 75 min		
6:30PM	ABSolute Cycle Taryn 55 min		Fusion Ellen 75 min			

Video on Demand: Full unlimited access for all members. Sign in with your MINDBODY account!

Packages	Single Class	1 Month	3 Months	6 Months	1 Year	5 Punch Pass	10 Punch Pass
Adult	\$18	\$74	\$199	\$345	\$615	\$90	\$162
			\$66/month	\$57.50/month	\$51.25/month		
Student/Senior	\$15	\$62	\$167	\$309	\$564	\$75	\$135
			\$55/month	\$51.50/month	\$47.00/month		

Visit our website [www.valleyfitnesscentre.ca](http://www.valleyfitnesscentre.ca)

# CLASS

## BODY BLAST

A medium intensity class, using a variety of tools to build strength & endurance. Each week will be a different set of exercises, giving you the opportunity to challenge all body parts.

## FUSION

The class fuses a flow yoga, focusing on balance, strength, flexibility, with a Pilates mat workout - targeting core strength. Combining breath & movement, enhance self-awareness & improve postural alignment. You will leave feeling energized & relaxed.

## BODY BURN

This class is formatted as a circuit, mixing interval & strength training! Core conditioning is included followed by a calming cool down.

## LEAN & MEAN

This is a FUN & FEIRCE class, featuring drop sets, pyramids, & more ruthless workouts. The high energy of the class will push your limits leaving you feeling charged and accomplished.

## FAST & FURIOUS

Fast n Furious is a medium intensity workout. This class will focus on strength training while keeping you at a steady pace for cardio health.

## STRETCH RECOVERY

Enhance your workouts with a class that focuses on release and recovery for your muscles. This class is for all levels and uses different techniques and props to have you feeling great.

## RIPPED

You will focus purely on absolute strength, power and explosiveness. Push your limits on both reps and level of weight by 5-10 lbs. Finish your workout strong, pumped and accomplished.

## SPIN

Indoor spin at its best! Our spin class simulates outdoor rides including intervals, climbs, & speed work to music! A great motivating class for the beginner as well as the advanced cyclist.

## CYCLE CORE/ABSOLUTE CYCLE

The perfect mix of cardio and core strength! The 30-40 minute spin gets your heart pumping and body ready to blast those abs with 15-20 minutes of core. Come ready to sweat!

## STRENGTH & STRETCH

This is a gently paced class geared for mature adults, beginners, & individuals needing an increase in joint mobility or those recovering from injuries. The class begins with a simple warm-up followed by strengthening exercises using hand weights & resistance bands & finishing with light stretches.

## FIT & FAB

Ideal class for our fabulous 70+ seniors! We want to keep you moving! This class is tailored especially for you to increase your strength, mobility, and energize your youthful spirit.

## YOGA

Yoga develops strength, flexibility and endurance & can be learned at any age or fitness level! Geared for beginners, with challenging options for long-time students to find deeper work in the poses. Everyone is welcome regardless of experience.

## YANG/YIN

Enjoy an early morning, fresh start to your week blending two yoga styles into one practice: suitable to all levels. Yang is more external, dynamic, warming and upright whereas yin is more internal, passive, cooling and downward. Finish with an impactful, meditative svasana and head into your day peaceful, clear and in the present.

## YIN

An **all-level class** that works deeply into the connective tissues and joints of the hips, pelvis, lower spine, and shoulders through extended holds of postures. Enjoy increased flexibility and joint mobility over time by finding your edge of a posture, finding stillness both mentally and physically during the posture and embracing time.

## STRONG HIIT

Get up and Show up! The best way to start your day is with a good, hard workout! This High Intensity Interval Training class will build your strength, boost your endurance, and drive your cardio health.