

SPRING SCHEDULE



Non-Profit Society serving the valley since 1987

no key-fob access currently available

722-14th Street, Invermere (250)342-2131

Staffed Hours: Monday-Thursday 6:00am – 10:30pm

Friday 6:00am – 9:00pm

Saturday 7:30am – 5:30pm

Sunday 7:30am – 5:00pm

STAT Holidays 9:00am – 3:00pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15 AM	Yoga Alison 75 min		Rise & Shine Joanne 50 min (Starts April 14 th)			
8:00 AM					Yoga Erin 75 min	
8:45 AM	Body Blast Taryn 55 min	Fusion Alison 55 min	Body Blast Taryn 55 min	Fusion Alison 55 min	9:30 Body Blast Taryn 45 min	9:30 BodyBurn Taryn 55 min
10:00 AM	Essentrics Carmen 45 min	Body Blast Taryn 45 min	Strength&Stretch Taryn 45 min	Body Blast Taryn 45 min	10:30 Strength&Stretch Taryn	
11:05 AM	Strength&Stretch Leah 45 min	Body Blast Taryn 45 min	Strength&Stretch Taryn 45 min	Body Blast Taryn 45 min	11:30 Strength&Stretch Taryn	
12:05 PM	Fast & Furious Chris 45 min	Buns & Guns Taryn 45 min	Lean & Mean Taryn 45 min	StretchRecovery Taryn 45 min		
1:15 PM		Fit & Fab Leah 55 min				
5:30 PM				Essentrics Carmen 55 min		

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

Packages	Day Pass	1 Month	3 Months	6 Months	1 Year	5 Punch Pass	10 Punch Pass
Adult	\$18	\$65	\$181	\$320	\$565	\$90	\$162
				\$53/month	\$47/month		
Student/Senior	\$15	\$53	\$149	\$284	\$514	\$75	\$135
				\$49/month	\$43/month		

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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.

ESSEINTRICS

Gentle dynamic movement that combines strengthening and stretching to develop a strong, toned body by decompressing joints, and re-balancing and lengthening your muscles.

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.

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.

SPIN (Video On Demand)

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.

+ GREATEST HIITS- Soul cycle inspired & hard-hitting class that combines traditional spinning with simple dance combinations. With an awesome soundtrack driving the workout, this will inspire you to get out of your seat & dance along while targeting your upper & lower body. Perfect for individuals looking for a challenging workout that is more dynamic & fun than traditional spin classes.

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.

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.

SWEET HEAT

Start your week off right! Through this solid mix of interval training & strength your overall fitness levels will skyrocket! Using intervals gives you the ability to re-shape & re-form your appearance by gaining muscle & building a strong foundation alongside a happy, healthy heart.

MID-WEEK MADNESS

Make your mid-week manageable. Whether work has got you down or you just need to move your body, this fun balance of strength training & cardio-vascular fitness will leave you feeling stronger than ever! Recharge to take on the rest of the week with fierce energy & positivity.

RISE & SHINE

Wake up to 30 minutes of strength training followed by a 20 minute yoga influenced stretch. The strength training will vary and could include weights, bands, body weight and more. The yoga influenced stretch is the reward after a challenging strength workout, ready for a great day!

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