

Winter Schedule 2021/22



Non-profit society serving the valley since 1987

Key fob access outside staffed hours

Staffed Hours:

Monday-Friday: 8:00 AM-8:00 PM

Saturday and Sunday: 9:00am-5:30 PM

Stat Holidays 9:00 am-4:30 pm

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
6:00/6:15 AM		6:00 Spin Taryn 55 mins	6:15 Yoga Joanne 60 mins	6:00 Spin Taryn 55 mins		
7:00 AM		LadderHIIT & TRX Taryn 55 mins	8:30 Spin Hayley 55 mins	Strong HIIT Taryn 55 mins	8:00 Yoga Laura 75 mins	
8:45/8:55/9:30AM	8:45 Body Blast Becky 55 mins	8:55BodyBlast Taryn 55 mins	8:45 Body Blast Sigrid 55 mins	8:55 BodyBlast Taryn 55 mins	9:30 Body Blast Taryn 55 mins	<u>Saturday</u> 9:30 Body Burn Taryn
10:00 AM	Strength&Stretch Becky 55 mins	Fusion Megan 55 mins	Strength&Stretch Sigrid 55 mins	Fusion Kelsie 55 mins		<u>Sunday</u> 9:30 Wander Fit Kayla
11:05 AM	Strength&Stretch Roslyn 55 mins		Strength&Stretch Sigrid 55 mins		11:00 Strength&Stretch Roslyn	
12:05/12:15 PM	STEPCardioCrush Roslyn 50 mins	Buns & Guns Sigrid 45 mins	Lean & Mean Sigrid 45 mins	12:15Essentrics Carmen 45 min	STEPCardioCrush Roslyn 50 mins	
5:30 PM	SASS Taryn 75 mins	SASS Kelsie 75 mins	Strong HIIT Dani 60 mins	SASS Kelsie 75 mins		
7:00 PM		Restorative Yoga Megan 75 mins	Yang/Yin Yoga Kelsie 60 mins			

Please make a booking for all classes! Book online or call to reserve. Bookings are taken one day in advance.

Packages	Day Pass	1 Month	3 Month	6 Month	1 Year	10 Punch Pass*
Adult	18.00	74.00	199.00	345.00	615.00	162.00
			66.33/month	57.50/month	51.25/month	* \$10 key tag deposit
Student Senior	15.00	62.00	167.00	309.00	564.00	135.00
			55.67/month	51.50/month	47.00/month	* \$10 key tag deposit

CLASS DESCRIPTIONS

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

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.

WANDER FIT

Wander Fit focuses on improving balance, agility, strength, and flexibility by using full body functional movements. This workout will get your body ready to slay the slopes and tackle all your winter weather pursuits!

ESSENTRICS

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

STEP CARDIO CRUSH

A fast 50 minutes of sweat-inducing, cardio focused, old-school STEP! Unique movement combinations will challenge your endurance and cardiovascular system. A thorough warm up and stretch start and finish the workout.

** *Intermediate to advanced*. Week 1 will be a choreography refresher class - Important to attend.

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.

SASS

A 75 minute all-in-one class. First, you **SPIN**. Then you hit those **ABS**, then finish with a 15 minute **STRETCH SERIES**. End your day with a fast full body workout with cardio, core and cooldown!

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.

RESTORATIVE YOGA

A slow, gentle, low impact practice open to all levels. Restorative yoga relies heavily on props allowing you to move deeper into your body. This style of yoga can be especially beneficial for seniors, those recovering from injury or dealing with chronic pain

YANG/YIN YOGA

The perfect blend of 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 leave feeling peaceful, clear and in the present.

LADDER HIIT & TRX

Transform your mind and body with HIIT based circuit training that emphasizes strength, endurance, speed, and variety. This calorie torching, challenging workout using ladder cardio bursts and strong TRX sets will leave you drenched.

Visit us at www.valleyfitnesscentre.ca

