

FALL SCHEDULE 2022



Non-profit society serving the valley since 1987

Key fob access outside staffed hours

Staffed Hours:

Monday-Friday: 8:00AM - 9:00 PM

Saturday and Sunday: 9:00AM - 4:00PM

Stat Holidays 9:00AM - 3:00PM

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00/6:15 AM	6:15 Yoga Ellen 60 mins	6:00 Spin Taryn 55 mins	6:15 Yoga Ellen 60 mins	6:00 Spin Taryn 55 mins	6:30 Cardio Crush Courtney 55 mins	
7:00/8:00 AM		LadderHIIT &TRX Taryn 55 mins	8:00 Spin Michelle 55 mins(Sept 14 start)	Strong HIIT Taryn 55 mins	8:00 Yoga Laura 75min	<u>Saturday8:00</u> Qi Gong & Yoga Betty
8:55/9:30 AM	Body Blast Dani 55 mins	BodyBlast Taryn 55 mins	Body Blast Sigrid 55 mins(Oct 5 start)	BodyBlast Taryn 55 mins	9:30 Body Blast & Roll Chris 55 mins	<u>Saturday9:30</u> Body Burn Taryn/Courtney
10:00 AM	Strength&Stretch Dani 55 mins	Fusion Megan 55 mins	Strength&Stretch Sigrid 55 mins(Oct 5 start)	Fusion Ellen 55 mins	10:30Strength&Stretch Sigrid 55 mins(Oct 5 start)	
11:05 AM		Step Flow Sigrid 55 mins (Oct 5 start)	Latin Grooves Sigrid 55 mins(Oct 5 start)	Strength&Stretch Becky 55 mins	11:30 Latin Grooves Sigrid 55 mins (Oct 5 start)	
12:05 PM		Pulse Kelsie 45 mins	Slow Flow Yoga Megan 45 mins	HIIT & Hills Spin Becky 45 mins		
5:30 PM	SASS Kelsie 75 mins	Zumba Julie 60 mins	SASS Kelsie 75 mins	Power Hour Courtney 55 mins		
7:00 PM	Flow Yoga Kelsie 60 min	Restorative Yoga Megan 75 mins	Yang/Yin Yoga Kelsie 60 mins	Body Balance Courtney 55mins		

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 for key tag
Student Senior	15.00	62.00	167.00	309.00	564.00	135.00
			55.67/month	51.50/month	47.00/month	* \$10 for key tag

CLASS DESCRIPTIONS

BODY BLAST

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

BODY BURN

This class is formatted as a circuit, mixing interval & strength training! Complete with core conditioning and a nice cool down.

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.

LADDER HIIT & TRX

HIIT based circuit training with emphasis on strength, endurance, speed, and variety. This calorie torching workout uses ladder cardio bursts, strong TRX sets & will leave you drenched.

STRENGTH & STRETCH

Gently paced class geared for mature adults, beginners, & individuals recovering from injuries. The class begins with a simple warm-up followed by strengthening exercises using hand weights & resistance bands & finishing with light stretches.

LATIN GROOVE

Come join the fun and feel the benefits of aerobic dance. Positive energy, good vibes, strong bones and muscles, as well as a healthy mind and soul. Get your heart pumping!

POWER HOUR

Train like an athlete! Medium to high intensity workouts with explosive lifts and movements to get your muscles fired.

CARDIO CRUSH

Pace your way through high energy, endurance style workouts to get your heart up and keep it up. Pyramid and interval style workouts to work your body from head to toe, including core!

BODY BALANCE

Light to medium intensity workouts focusing on building balance, controlling breathing, and improving mobility.

STEP FLOW

Easy to learn step aerobics routines set to fun upbeat music! This class builds strength, increases metabolism, and gives your cardio health a boost. Enjoy a moderate-high intensity workout without stress on your joints.

SPIN

This class simulates outdoor rides including intervals, climbs, & speed work to music! A great motivating class for beginner to advanced cyclists.

SASS

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

HIIT & HILLS SPIN

A short & sweaty spin session, combining high intensity speed intervals with climbing drills to build power & endurance while increasing cardiovascular fitness. Class includes warm up and cool down/stretch.

YOGA

Yoga develops strength, flexibility and endurance for 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 external, dynamic, warming, and upright. Yin is internal, passive, cooling and downward. Finish with an impactful, meditative savasana and leave feeling peaceful, clear and in the present.

YIN YOGA/QI GONG

This class involves moving meditation, coordinating slow-flowing movement, deep rhythmic breathing, and a calm meditative state of mind.

FUSION

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

FLOW YOGA

Connect movement with breath as you follow an invigorating freestyle flow. This class is a blend of mobility, strength, stability, and mindfulness all rolled into one practice.

STEP FLOW

Easy to learn step aerobics routines set to all the best upbeat music! This class will build strength, increase your metabolism, and give your cardio health a boost. Enjoy a moderate-high intensity workout with putting stress on your joints.

ZUMBA

Take the "work" out of workout! This is a low & high intensity interval-style, calorie-burning dance fitness party. Combine cardio, muscle conditioning, balance and flexibility to boost your energy and leave feeling awesome!

PULSE

Pulse blends barre, yoga, functional strength, and mind-body inspired movement. You'll get all of this in just ONE class, maximizing your workout - and your time.

