



FAIRWINDS
WELLNESS CENTRE

250-468-5303
fwcentre@fairwinds.ca

November

Monday-Wednesday 7:00 am – 9:00 pm
 Thursday-Friday 7:00 am – 8:00 pm
 Saturday-Sunday 9:00 am – 5:00 pm
 Remembrance Day 9:00 am – 4:00 pm
 Our hours have changed!

	MON	TUE	WED	THU	FRI	SAT	SUN
8:00am	SPIN 8:00 – 9:00		SPIN 8:00 – 9:00				
8:30am		STEP AEROBICS 8:30-9:30		CARDIO DANCE 8:30-9:30	INTERVAL STEP AEROBICS 8:30 – 9:30		
	AQUACIZE 8:45 – 9:30		AQUACIZE 8:45 – 9:30		AQUACIZE 8:45 – 9:30		
9:15am	TOTAL BODY CONDITIONING 9:15 – 10:15		TOTAL BODY CONDITIONING 9:15 – 10:15				
9:30am		STRETCH & TONE 9:35 – 10:35		STRETCH & TONE 9:35 – 10:35		CYCLE & STRENGTH 9:30 – 10:30	
9:45am	AQUA-CIRCUIT 9:45 – 10:30		AQUACIZE 9:45 – 10:30		AQUACIZE 9:45 – 10:30		
	BALL PILATES 9:45 – 10:45		HATHA YOGA 9:45 – 10:45		HATHA YOGA 9:45 – 10:45		
10:45am							HATHA YOGA 10:45 – 11:45
11:00am		GOLF FIT 11:00 – 12:00	GENTLE YOGA 11:00 – 12:00	BALL PILATES 11:00 – 12:00	GENTLE YOGA 11:00 – 12:00		
				GOLF FIT 11:00 – 12:00			
12:30am						ADVANCED PICKLE BALL 12:30 – 3:00	
5:00pm	ADVANCED PICKLE BALL 5:00 – 8:30						
6:00pm	GENTLE YOGA 6:00 – 7:00	ADVANCED PICKLE BALL 5:30 – 6:30	GENTLE YOGA 6:00 – 7:00	ADVANCED PICKLE BALL 4:00 – 7:00	BEGINNER / SOCIAL PICKLE BALL 5:00 – 7:00		
7:00pm		BADMINTON 6:30 – 8:30					

POOL SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
7:00 – 8:30 Adult 8:30—10:45 Class*	7:00 – 11:00 Adult	7:00 – 8:30 Adult 8:30—10:45 Class*	7:00 – 11:00 Adult	7:00 – 8:30 Adult 8:30—10:45 Class*	And Stat Holidays	
11:00—1:00 All Welcome	11:00—1:00 All Welcome	11:00—1:00 All Welcome	11:00—1:00 All Welcome	11:00—1:00 All Welcome	9:00—5:00 All Welcome	9:00—12:00 Adult
1:00—3:00 Adult	1:00—3:00 Adult	1:00—3:00 Adult	1:00—3:00 Adult	1:00—3:00 Adult		12:00—5:00 All Welcome
3:00—7:00 All Welcome	3:00—7:00 All Welcome	3:00—7:00 All Welcome	3:00—7:00 All Welcome	3:00—7:00 All Welcome	*Please refer to the class schedule for Aquacize times Pool is closed to laps during water classes	
7:00 – 9:00 Adult	7:00 – 9:00 Adult	7:00 – 9:00 Adult	7:00 – 8:00 Adult	7:00 – 8:00 Adult		



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**Additional Classes
have been added:
Spin and Golf Fit !!
See reverse side for days &
times**

**Customized Training Packages
Training to take with you while you are
away this winter!
1 fitness assessment & 2 training sessions
\$209.00 plus taxes per person**

Total Body Conditioning (L2-3)

Enjoy a class that's never the same twice. Sharon uses a variety of toys like the BOSU, med balls, body bars, bands, TRX, discs and so forth to work your body from head to toe. This class allows you to train like an athlete but caters to your level of fitness. Play like a kid and train like a pro! This is the class for you if you want to improve your strength and endurance. Drop-in and punch cards available.

Monday & Wednesday with Sharon

Hatha Yoga

Improve your flexibility and balance while you relax in this stress-free environment. Hatha yoga classes are held five times a week. Please bring your own mat and towel. Drop-in and punch cards available.

Wednesday & Friday with Beverly, Sunday with Gypsy

Gentle Yoga

Gentle Yoga is a synergistic blend of Restorative and Yin Yoga, incorporating props such as bolsters, straps, blocks and blankets. The props provide a supportive environment for total relaxation of the body and mind, allowing for both healing and rejuvenation to take place. Please bring your own mat and towel. Drop-in and punch cards available.

Monday, Wednesday & Friday with Beverly

Ball Pilates

Pilates moves are combined with the use of the Swiss stability ball method for a complete full body workout. Pilates incorporates breath with movement to lengthen, strengthen and tone the body. Drop-in and punch cards available.

Monday & Thursday with Beverly

Cycle & Strength (L1-3)

A fusion class combining circuit strength training and spin class. The class involves cardio training, endurance, dynamic stretching, functional strength training, flexibility and balance. Scott will keep you motivated through drills, music and encouragement. Drop-in and punch cards available.

Saturday with Scott

Spin Classes (L1-2)

Gear up for an interval indoor cycling experience. This 60-minute class will have your heart pumping and legs pushing through hill climbs and sprinting to the finish line. Your strength and endurance will benefit greatly as will that feeling of exhilaration. Great for all levels of fitness! Drop-in and punch cards available.

Monday & Wednesday with Sharon

Golf Fit (L1-2)

Improve your golf game in an open and friendly environment that focuses on flexibility, golf conditioning and cardiovascular fitness. Scott uses an open style circuit to help motivate and direct you to achieve your goals!

Tuesday & Thursday with Scott

Aquacize

Free for Unrestricted Members

Work out in the water. Aquacize is easy on the body and great for all fitness levels. Please sign up at the desk to reserve your spot. Limit 18 Participants.

Monday with Judie, Wednesday with Martha, Friday with Judie & Scott

Aqua-Circuit

* Free for Unrestricted Members*

Work as hard as you want, or as light as you need as this is a personal workout in a class setting. You will spend 1 minute at each station working different major muscle groups. This is a complete body workout & suitable for all members, whether you can swim or not. Group warm up, circuit, group cool down, and stretch. Please sign up with the front desk to reserve your spot. Limit 18 Participants

Monday with Judie

Stretch & Tone (L1-3)

Free for Unrestricted Members

This popular class will allow you to work at your own level, increase your core strength and improve your balance and flexibility. Drop-in and punch cards available.

Tuesday & Thursday with Martha

Step Aerobics (L3)

* Free for Unrestricted Members*

Come prepared to sweat! This high-energy class gives you non-stop cardio on the step. Martha will motivate you and get your heart pumping. Drop-in and punch cards available.

Tuesday with Martha

Interval Step Aerobics (L1-3)

Free for Unrestricted Members

This energetic class alternates short intervals of cardiovascular training with upper and lower body conditioning. The cross-training format is fun and is a good challenge for your endurance. Steps will be used in this class. Drop-in and punch cards available.

Friday with Martha

Cardio Dance (L2-3)

Free for Unrestricted Members

Martha brings a lot of fun to this class! It is a fast paced, with fancy foot work. You'll leave the class ready to take on your day! Drop-in and punch card available.

Thursday with Martha



GUIDE TO LEVELS

Level 1
Easy to follow, Low intensity

Level 2
Moderately challenging

Level 3
Challenging