



**FAIRWINDS**  
WELLNESS CENTRE




250-468-5303



fwcentre@fairwinds.ca

# August

Monday - Wednesday 7:00 am - 9:00 pm  
 Thursday - Friday 7:00 am - 8:00 pm  
 Saturday & Sunday 9:00 am - 5:00 pm  
 August 6th (No Classes) 9:00 am - 4:30 pm

|          | MON  | TUE                                      | WED  | THU                                      | FRI  | SAT   | SUN  |
|----------|--|--|--|--|--|---|--|
| 8:00 AM  | <b>SPIN</b><br>8:00-9:00                     |  | <b>SPIN</b><br>8:00-9:00                     |  |  |   |  |
| 8:30 AM  | <b>AQUACIZE</b><br>8:45—9:30                 | <b>STEP AEROBICS</b><br>8:30—9:30        | <b>AQUACIZE</b><br>8:45—9:30                 | <b>CARDIO DANCE</b><br>8:30—9:30         | <b>INTERVAL STEP AEROBICS</b><br>8:30-9:30 |   |  |
|          |  |  |  |  |  |   |  |
| 9:15 AM  | <b>TOTAL BODY CONDITIONING</b><br>9:15—10:15 |  | <b>TOTAL BODY CONDITIONING</b><br>9:15—10:15 |  |  |   |  |
| 9:30 AM  |  | <b>STRETCH &amp; TONE</b><br>9:35- 10:35 |  | <b>STRETCH &amp; TONE</b><br>9:35- 10:35 |  | <b>CYCLE &amp; STRENGTH</b><br>9:30—10:30   | <b>INTERMEDIATE PICKLEBALL</b><br>9:30—11:30 |
| 9:45 AM  | <b>AQUA-CIRCUIT</b><br>9:45—10:30            |  | <b>AQUACIZE</b><br>9:45—10:30                |  | <b>AQUACIZE</b><br>9:45—10:30              |   |  |
|          | <b>BALL PILATES</b><br>9:45—10:45            |  | <b>HATHA YOGA</b><br>9:45—10:45              |  | <b>HATHA YOGA</b><br>9:45—10:45            |   |  |
| 10:45 AM |  |  |  |  |  |   | <b>HATHA YOGA</b><br>10:45—11:45             |
| 11:00 AM | <b>CHAIR YOGA</b><br>11:00-12:00             | <b>GOLF FIT</b><br>11:00-12:00           | <b>GENTLE YOGA</b><br>11:00—12:00            | <b>BALL PILATES</b><br>11:00—12:00       | <b>GENTLE YOGA</b><br>11:00—12:00          | <b>ADVANCED PICKLE BALL</b><br>1:00—3:00  |  |
|          |  |  |  | <b>GOLF FIT</b><br>11:00-12:00           |  |   |  |
| 3:30 PM  |  |  |  |  |  |   |  |
| 4:30 PM  | <b>ADVANCED PICKLEBALL</b><br>4:30—8:30      | <b>ADVANCED PICKLEBALL</b><br>4:30-6:30  |  | <b>ADVANCED PICKLEBALL</b><br>3:30—7:30  | <b>SOCIAL PICKLEBALL</b><br>4:00—7:00      |  |  |
| 6:00 PM  | <b>GENTLE YOGA</b><br>6:00—7:00              |  | <b>GENTLE YOGA</b><br>6:00—7:00              |  |  |   |  |
| 7:00 PM  |  | <b>BADMINTON</b><br>6:30—8:30            |  |  |  |   |  |

## POOL SCHEDULE

| MON                                  | TUES                      | WED                                  | THU                       | FRI                                  | SAT   | SUN                       |
|--------------------------------------|---------------------------|--------------------------------------|---------------------------|--------------------------------------|---|---------------------------|
| 7:00—8:30 Adult<br>8:30—10:30 Class* | 7:00—11:00<br>Adult       | 7:00—8:30 Adult<br>8:30—10:30 Class* | 7:00—11:00<br>Adult       | 7:00—8:30 Adult<br>8:30—10:30 Class* |   |                           |
| 11:00—1:00<br>All Welcome            | 11:00—1:00<br>All Welcome | 11:00—1:00<br>All Welcome            | 11:00—1:00<br>All Welcome | 11:00—1:00<br>All Welcome            | 9:00—5:00<br>All Welcome  | 9:00—12:00<br>Adult       |
| 1:00—3:00<br>Adult                   | 1:00—3:00<br>Adult        | 1:00—3:00<br>Adult                   | 1:00—3:00<br>Adult        | 1:00—3:00<br>Adult                   |   | 12:00—5:00<br>All Welcome |
| 3:00—7:00<br>All Welcome             | 3:00—7:00<br>All Welcome  | 3:00—7:00<br>All Welcome             | 3:00—7:00<br>All Welcome  | 3:00—7:00<br>All Welcome             | *Please refer to the class schedule for Aquacize times .<br>Pool is closed to laps during water classes |                           |
| 7:00—9:00<br>Adult                   | 7:00—9:00<br>Adult        | 7:00—9:00<br>Adult                   | 7:00—8:00<br>Adult        | 7:00—8:00<br>Adult                   | *All Welcome all day Stat Holidays  |                           |

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## Pool Area Closure

Wed, Aug. 22nd—Hot Tub will be closed.  
Thurs & Fri, Aug 23 & 24th—Full Pool Area will be closed.

### 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 (L1-2)

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 (L1)

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*

### Chair Yoga (L1)

This gentle style of Yoga is done from a seated position that also incorporates the breathing and mind-body benefits of a traditional Yoga class. Adapting Yoga poses to a chair makes the health and fitness benefits of this practice accessible to everyone. We will work with all different levels of flexibility and range of motion.

*Monday with Beverly*

### Ball Pilates (L1-3)

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*

### 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 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. Group warm up, circuit, group cool down, and stretch. Sign up with the front desk to reserve your spot. Limit 18 Participants

*Monday with Judie*

### Stretch & Tone (L1-L3)

**\*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*

### 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*

## GUIDE TO LEVELS

### Level 1

Easy to follow, low Intensity

### Level 2

Moderately Challenging

### Level 3

Challenging