

**September 2021**

Monday - Friday      7:00 AM - 8:00 PM  
 Saturday & Sunday      9:00 AM - 4:00 PM  
 Labour Day (Set 6th)      9:00 AM - 4:00 PM  
 \*NO CLASSES\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>STEP CLASS</b> 8:30 - 9:30		<b>CLUB CARDIO</b> 8:30 - 9:30 (starts August 5)			
<b>AQUACIZE</b> 9:00--9:45	<b>STRETCH &amp; TONE</b> 9:45-10:45	<b>AQUACIZE</b> 9:00-9:45	<b>STRETCH &amp; TONE</b> 9:45-10:45	<b>AQUACIZE</b> 8:40-9:25		<b>GENTLE FLOW YOGA</b> 9:15-10:15
<b>STRONG FOR LIFE</b> 9:30-10:30		<b>STRONG FOR LIFE</b> 9:30-10:30		<b>AQUACIZE</b> 9:40-10:25		
				<b>GENTLE FLOW YOGA</b> 9:30-10:30		
			<b>GENTLE YOGA</b> 5:00 6:00			

*“Surround yourself with people who make you hungry for life,  
touch your heart, and nourish your soul”*

POOL SCHEDULE						
MON	TUES	WED	THU	FRI	SAT	SUN
7:00-11:00 Adult	7:00-11:00 Adult	7:00-11:00 Adult	7:00-11:00 Adult	7:00-11:00 Adult		
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	9:00-12:00 Adult	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	12:00-4:00 All Welcome	12:00-4:00 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	* Pool is closed to lap swimming during water classes  *All welcome applies to stat holidays	
7:00-8:00 Adult	7:00-8:00 Adult	7:00-8:00 Adult	7:00-8:00 Adult	7:00-8:00 Adult		

\*Class times and pool schedule subject to change without notice



**FAIRWINDS**  
WELLNESS CLUB

☎ 250-468-5303  
✉ fwcentre@fairwinds.ca

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**Strong For Life (L1-3)**

With simple, safe, and effective exercises set to motivating music, you will build strong, functional muscles. The class uses dumbbells and other equipment to develop balanced strength and power throughout the body. Build strength for longevity and vitality!

*Monday & Wednesday with Kevin*

**Club Cardio (L-3)**

Martha brings a lot of fun to this class! It's 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*

**Stretch 'n Tone (L1-3)**

This popular class will allow you to work at your own fitness level, increase your core strength, and improve your balance and flexibility, while having fun at the same time!

*Tuesday, & Thursday with Martha*

**Aquacize (L1-L3)**

Work out in the water. Aquacize is a great low-impact workout suitable for all fitness levels.

\*All class participants are asked to arrive with bathing suits on and enter the pool area via the door off the hallway. There will be no access to the change rooms until after class.

*Monday with Elaine; Wednesday with Martha; Friday with Vito*

**Step Aerobics (L2-3)**

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.

*Tuesday with Martha*

**Gentle Yoga (L1-3)**

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, allowing for both healing and rejuvenation to take place.

**\*\*\*\*\*Please bring your own equipment**

*Thursday with Miranda*

**Gentle Flow Yoga (L1-3)**

Gentle Flow is a beautiful practice, designed to gracefully move through vinyasas with controlled power. This class is geared toward those new to their practice, or those wanting a more gentler flow. The class will focus on simple flows focusing on alignment, strength, balance and flexibility.

**\*\*\*Please bring your own equipment**

*Friday & Sunday with Miranda*



**GUIDE TO LEVELS**

**Level 1**

Easy to follow, low intensity

**Level 2**

Moderately challenging

**Level 3**

Challenging

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