

September

Monday - Friday 7:00 am - 8:30pm
 Saturday & Sunday 9:00 am - 4:30 pm
 Monday Sept 7th 9:00 am - 4:30 pm
 *No Classes

MON	TUE	WED	THU	FRI	SAT	SUN
	STEP AEROBICS 8:30-9:30		CLUB CARDIO 8:30-9:30	INTERVAL STEP AEROBICS 8:30-9:30		
AQUACIZE 9:00-9:45		AQUA ZUMBA 9:00-9:45		AQUACIZE 9:00-9:45		
	STRETCH & TONE 9:45-10:45	SPIN 8:45-9:45	STRETCH & TONE 9:45-10:45			

<p>We have updated the pool time blocks to allow for more flexibility and options for swimmers as of September 1st.</p>	<p>Time blocks for the weight rooms have changed to allow for increased sanitizing as we head into the fall.</p>
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Pool Schedule for Guests						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:00pm - 7:00pm	3:00pm - 7:00pm	3:00pm - 7:00pm	3:00pm - 7:00pm	3:00pm - 7:00pm	2:00pm-4:00pm	2:00pm-4:00pm
<ul style="list-style-type: none"> ◆ Member can call 4 hours prior to time they want to bring their guests in <ul style="list-style-type: none"> ◆ Limited to 2 guests per couple/member ◆ Access is based on space in the pool at the time ◆ Members may be asked to share a lane with their guests <ul style="list-style-type: none"> ◆ Please respect the other Members in the pool <p>The Wellness Club reserves the right to make changes to the schedule without notice if needed</p>						

Thank you for your **patience and understanding** through these new and different times

Things at the Club have changed, some things to remember...

- ◆ Arrive no earlier than 15 minutes to your classes or time-slot
- ◆ Limited spaces available, be sure to book your spot online at **Fairwinds.ca**
- ◆ Change rooms and lockers are reserved for pool users only
- ◆ Thank you for being respectful of each other and maintaining 6 feet between yourselves and the desk staff

Stretch'n Tone (L1-L3)

This popular class will allow you to work at your own level, increase your core strength and improve your balance and flexibility.

Tuesday & Thursday with Martha

Step Aerobics (L 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

Club Cardio (L1- L3)

Come "Move with Martha " in this follow along Cardio workout that fuses fun and high energy music to get you sweating and feeling great!!

This easy to follow class welcomes all fitness levels so come join in the fun.

Thursday with Martha

Spin Classes (L1-3)

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!

Wednesdays with Andrew

Aquacize (L1—L3)

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.

Monday, with Martha

Friday with Elaine

Interval Step Aerobics (L1-3)

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.

Friday with Martha

Aqua Zumba (L1-L3)

Shake it! Tone it. Rock it. Latin inspired dance fitness class that gets you moving! Class incorporates toning sticks to maximize your workout. This will be super fun! This class is for ALL levels— even if you have NEVER done it before!

Wednesday with Amber

GUIDE TO LEVELS

Level 1

Easy to follow, low Intensity

Level 2

Moderately Challenging

Level 3

Challenging

* Class and pool schedule subject to change without notice