FAIRWINDS
WELLNESS CLUB

CLASS & POOL SCHEDULE NOVEMBER

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin *Linda* 7:30-8:30	Interval Training *Luisa* 8:00-9:00	Spin *Monique* 7:30-8:30	Spin & Mobility *Linda* 8:00-9:00	Spin & Strength *Linda* 8:00-9:00		
Spin *Linda* 8:30-9:30	Stretch & Tone *Hannah* 9:15-10:15	LIHIIT *Monique* 8:30-9:30	Power Fusion *Luisa* 8:00-9:00	Abs, Butt & Thighs (ABT) *Linda* 9:15-10:15		
Strong for Life *Kevin* 9:45-10:45	Gentle Yoga *Luisa* 9:15-10:15	Strong for Life *Kevin* 9:45-10:45	Total Body Tone *Monique* 9:15-10:15	Gentle Yoga *Hannah* 9:15-10:15		
	Flow Yoga *Hannah* 10:30-11:30	Stretch *Monique* 9:45-10:45	Gentle Yoga *Luisa* 9:15-10:15	Flow Yoga *Hannah* 10:30-11:30		
			Pilates *Monique* 10:30-11:30			

SUBSTITUTIONS & CANCELLATIONS

- Linda will be away November 1st to December 8th
- Raylene will cover Monday Spin, with the exception of November 2 at 7:30AM which will be covered by Monique
- Raylene will cover Spin & Mobility November 12th and 26th
- Monique will cover Spin & Mobility November 5th, 19th and December 3rd

POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bookings Available 6:30-9:00 & 10:00-1:00	Bookings Available 6:30-2:00	Bookings Available 6:30-9:00 & 10:00-2:00	Bookings Available 6:30-2:00	Bookings Available 6:30-9:00 & 10:00-2:00	Bookings Available 9:00-12:45	Bookings Available 9:00-12:45
Aquacize *Vito* 9:00-9:45		Aquacize *Vito* 9:00-9:45	Masters Swim *Martin* 2:00-3:15	Aquacize *Vito* 9:00-9:45	**All Welcome** Weekdays After 2PM Weekends After 1PM	

Fairwinds Wellness Club, 3455 Fairwinds Drive, Nanoose Bay, BC
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CLASS DESCRIPTIONS

Spin & Mobility (L2-3)
Spin and mobility is the best of both worlds. This class focuses on strengthening the core, gluteal, and leg muscles through a fun and effective mix of cardio, strength and exercises that target the core and lower body.

Strong For Life (L1-3)
With simple, safe, and effective exercises set to motivating music, this class helps you build strong, functional muscles. Using dumbbells and other equipment, you will develop balanced strength and power throughout your body. Build lasting strength for vitality and longevity.

Interval Training (L2-3)
This energetic class alternates short intervals of cardiovascular training with upper and lower body conditioning for a fun, challenging workout that boosts endurance. Steps are incorporated to keep the workout dynamic and engaging.

Pilates (L1-3)
This introductory Pilates class teaches you the fundamentals to practice safely and confidently. You'll learn how to set up each exercise and progress at your own pace. Pilates not only strengthens but also improves posture, flexibility, joint mobility, focus, concentration, and coordination. Core strength is the foundation of Pilates, providing stability throughout the entire torso. No experience required.

Gentle Yoga (L1-2)
Whilst being methodical with movement and preforming less intense positions. Gentle Yoga puts an emphasis on breath work, leaving time for semi-meditation. At the same time as finding your range of motion in a much gentler way.

Power Fusion (L2-3)
This dynamic class combines elements of yoga, floor Pilates, muscular conditioning, and calisthenics to provide a comprehensive workout that strengthens and contours your body. Each session is designed to engage multiple muscle groups, promoting not only physical strength but also flexibility and balance.

Total Body Tone (L1-3)
Total Body Tone is a comprehensive strength class designed to sculpt and tone every major muscle group, including your core. Throughout the session, you'll use weights to perform a variety of exercises that promote strength, stability, and endurance.

Spin (L1-3)
This is an excellent non-impact cardio workout for your heart, lungs, and legs. Class begins with a warm-up on the bike, followed by a variety of work from climbing hills, to speed work, intervals, endurance, progressions, 3 minute races, finishing with a nice stretch off of the bike at the end of class.

Aquacize (L1-3)
This water-based class provides a full-body workout that's easy on the joints, making it ideal for all fitness levels. Using water resistance, Aquacize helps improve cardiovascular fitness, build muscle strength, and enhance flexibility—all while being gentle on the body. Enjoy a refreshing, energizing session that's perfect for anyone looking to stay active and fit.

Stretch 'n Tone (L1-3)
Combining strength and mobility, this class takes a holistic approach to hip, hamstring, and core health. Using weights, resistance bands, and bodyweight exercises, it incorporates controlled movements to improve muscle endurance while sculpting and toning the body.

Flow Yoga (L2-3)
A dynamic yoga practice designed to build strength, balance, and inner awareness. This class encourages self-exploration of body, mind, and spirit, with a focus on breath as you flow through poses that challenge balance, strength, and flexibility.

Abs, Butts & Thighs (L1-3)
A lower-body and core workout designed to tone abs, lift glutes, and strengthen thighs using controlled, effective movements.

LIHIIT (L1-3)
LIHIIT (Low Impact, High Intensity Interval Training) is based around alternating short bursts of intense, all-out exercise with low-intensity recovery periods. These efficient fast-paced workouts maximize calorie burn, improve cardiovascular health, and increase metabolism. Designed to improve strength, endurance, and overall fitness. With a mix of cardio and weights around 45-50 seconds of work and 10-15 seconds of rest and transition, this class will provide a good cardio workout without any jumping. Beginning with a warmup and ending with a nice stretch. The alternating cardio and weights in this class offers a full body workout with aerobic, upper body, lower body, and core benefits.

Stretch (L1-3)
60 minutes devoted to stretching all of the major muscle groups starting with the feet, working through the legs, hips, back, shoulders, arms, and finishing with the neck. A yoga strap will be used to both support and extend some of the stretches. There are no yoga poses in this class. All stretching is done on the mat.