

Promenade

DYNAMIC FITNESS SCHEDULE: EFFECTIVE AUGUST 2						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30 - 11:30 AM POWER BOX Danielle (2 units)		10:30 - 11:30 AM DYNAMIC WORKOUT Josee (2 units)				10:00 - 11:00 AM DYNAMIC WORKOUT Alex (2 units)
11:30 - 12:30 PM DYNAMIC WORKOUT Gillian (2 units)			11:00 - 12:00 PM DYNAMIC WORKOUT Josee (2 unit)			
		6:30 - 7:30 PM DYNAMIC WORKOUT Sandra (2 units)				

DYNAMIC FITNESS CLASS DESCRIPTIONS

DW-Dynamic Workout

An intensive & elaborate exercise regime intended for those who need a major jolt to their workouts. Explosive strength, cardio and core training, all in one. Uses cutting-edge equipment to condition your entire body creating lean muscles; along with high powered cardio drills great for melting away those extra pounds. Not intended for participants with major injuries.

Coached & created by WFCC Personal Trainers & Fitness Instructors

Dynamic Weight Loss

Confidential weigh-ins for weight and body fat percentage monitored by Registered Nutritionist, Lori Kennedy is the best way to track your weight loss. Her expert advice will focus on your current nutritional choices and help you to identify easy ways to improve them. You will also get exclusive access to various recipes and reading materials.

Power Box

No other workout can bring you the excitement, the intensity & the physical benefits of working on a bag. When striking a bag or pad you are constantly testing your strength, increasing your stamina and are forced to maximize your results. Not intended for participants with major injuries.

Created by Danielle DiMarco: a 4th Degree Black Belt Tae Kwon Do, 2nd Degree Black Belt Haidong Gumdo & Personal Trainer.

N -INDICATES NEW CLASS, TIME OR INSTRUCTOR **R**- INDICATES ADVANCED RESERVATIONS AVAILABLE **M**- INDICATES MALE INSTRUCTOR

***Classes, times and instructors are subject to change without notice.**

For information on these groups, please contact reception or Jenny B. at ext. 43.