

# The Womens Fitness Clubs of Canada

Effective Mon. Aug. 2, 2010

call or visit [www.womensfitnessclubs.com](http://www.womensfitnessclubs.com) for updates

## Promenade Schedule 905.731.1520

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15 - 7:15 AM <b>MUSCLE MIX</b> Lisa		6:45 - 7:15 AM <b>MUSCLE MIX</b> Carolyn			
8:45 - 9:25 AM <b>ABS AND ROCKBOTTOMS</b> Sharna	8:45 - 9:25 AM <b>TOP TO BOTTOM</b> Melissa	8:45 - 9:25 AM <b>BOOTCAMP BLAST</b> Louise	8:45 - 9:25 AM <b>DANCE BOOTCAMP</b> Katya	8:45 - 9:25 AM <b>MUSCLE MIX</b> Gail <b>R</b>	8:30 - 9:25 AM <b>HATHA YOGA</b> Lisa	8:30 - 9:25 AM <b>50/50 CARDIO MIX</b> Gail
9:30 - 10:25 AM <b>FUSION</b> Sharna <b>R</b>	9:30 - 10:10 AM <b>"STEP IT UP"</b> Adina	9:30 - 10:25 AM <b>MUSCLE MIX</b> Sharna <b>R</b>	9:30 - 10:25 AM <b>MUSCLE MIX</b> Katya	9:30 - 10:25 AM <b>TURBO'N GROOVE</b> Gail	9:30 - 10:25 AM <b>"STEP IT UP"</b> Lisa	9:30 - 10:25 AM <b>MUSCLE MIX</b> Gail <b>R</b>
10:30 - 11:25 AM <b>MUSCLE MIX</b> Adina	10:15 - 11:10 AM <b>PILATES</b> Adina	10:30 - 10:55 AM <b>HARDCORE ABS</b> Gillian	10:30 - 11:45 AM <b>YOGA</b> Aida	10:30 - 11:45 AM <b>NIA</b> Sandy	10:30 - 11:25 AM <b>MUSCLE MIX</b> Gillian <b>R</b>	10:30 - 11:25 AM <b>PILATES &amp; THE BALLS</b> Donna
11:30 - 12:30 PM <b>YOGA</b> Aida (starts June 7th) <b>N</b>	11:15 - 12:10 PM <b>MINDFUL MOVEMENT</b> Jill Sackman	11:00 AM - 12:15 PM <b>YOGA</b> NIA Sandy	11:50 AM - 12:45 PM <b>PILATES</b> Nicole	11:45 AM - 12:45 PM <b>"GENTLE MUSCLE MIX"</b> Marilyn	11:30 AM - 12:25 PM <b>MUSCLE MIX</b> Lisa	11:30 - 12:25 PM <b>TURBO KICK</b> Gillian
1:00 - 2:15 PM <b>NIA</b> Sandy	12:15 - 1:00 PM <b>MUSCLE MIX</b> Katya	12:30 - 1:30 PM <b>ZUMBA</b> Ricardo <b>M</b>		12:45 - 1:40 PM <b>TOP TO BOTTOM</b> Melissa L.	12:30 - 1:15 PM <b>ZUMBA</b> Ricardo <b>NM</b>	12:30 - 1:25 PM <b>BELLY DANCING</b> Lori
		4:30 - 5:25 PM <b>50/50 CYCLE</b> Gillian		4:30 - 5:25 PM <b>MUSCLE MIX</b> Alin <b>M</b>	1:15 - 2:00 PM <b>ZUMBA</b> Ricardo <b>NM</b>	
5:30 - 6:25 PM <b>MUSCLE MIX</b> Luda	6:00 - 6:55 PM <b>DISCO/SALSA</b> Gillian	5:30 - 6:25 PM <b>HATHA FLOW</b> Jill	5:30 - 6:15 PM <b>MUSCLE MIX</b> Gillian	5:30 - 6:25 PM <b>CARDIO KICK</b> Alin <b>M</b>		
6:30 - 6:55 PM <b>STRETCH</b> Luda	7:00 - 7:40 PM <b>UPPER CUTS</b> Linda	6:30 - 7:25 PM <b>MUSCLE MIX</b> Lisa/Lesley	6:30 - 7:30 PM <b>YOGA</b> Sherri			
7:00 - 7:45 PM <b>ABS &amp; ROCK BOTTOMS</b> Melissa	7:45 - 8:40 PM <b>YOGA</b> Sherri	7:30 - 8:30 PM <b>BELLY DANCING</b> Hayley	7:30 - 8:25 PM <b>LATIN CARDIO</b> Irene			
7:50 - 8:50 PM <b>ZUMBA</b> Gail	8:45 - 9:30 PM <b>MUSCLE MIX</b> Irene	8:30 - 9:25 PM <b>TURBO</b> Gail/Gillian				
CYCLE STUDIO						
9:00 - 9:55 AM <b>CYCLE</b> Adina	9:00 - 9:45 AM <b>CYCLE</b> Louise		6:15 - 6:45 AM <b>CYCLE</b> Carolyn	9:00 - 9:15am <b>CYCLE SET UP</b> 9:15 - 9:45 AM <b>BEGINNERS CYCLE</b> Adina		
12:30 - 1:15 PM <b>CYCLE "HILLS &amp; DRILLS"</b> Gillian	1:00 - 1:45 PM <b>CYCLE</b> Kathy	9:30 - 10:15 AM <b>CYCLE</b> Melissa L. <b>R</b>	9:00 - 9:45 AM <b>CYCLE</b> Melissa L.		9:30 - 10:25 AM <b>CYCLE</b> Gillian	9:30 - 10:30 AM <b>CYCLE</b> Melissa (starts June 27) <b>N</b>
6:15 - 7:00 PM <b>CYCLE</b> Devi	5:15 - 5:30pm <b>CYCLE SET UP</b> 5:30 - 5:55 PM <b>BEGINNERS CYCLE</b> Gillian	4:30 - 5:25 PM <b>50/50 CYCLE</b> Gillian		12:00 - 12:45 PM <b>CYCLE</b> Alanna	10:35 - 11:30 AM <b>CYCLE</b> Gail	
	6:15 - 7:00 PM <b>CYCLE "ain't no mountain high enough"</b> Melissa	7:30 - 8:15 PM <b>CYCLE "NIGHT RIDER"</b> Gail				

## Promenade Specialty Programs

These programs are designed to motivate our members, introduce new & exciting ways to exercise and focus on particular goals; at an affordable price.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30 AM - 11:30 AM <b>WEIGHT LOSS CHALLENGE</b> Lori (starts Aug. 9)				10:00 AM - 11:00 AM <b>WEIGHT LOSS CHALLENGE</b> Adina (starts Aug. 6)		
1:00 - 1:45 PM <b>INTRO 1 KETTLEBELL</b> Christine (starts July 5)	11:00 AM - 12:00 PM <b>CPS</b> Sharna	10:30 AM - 11:30 AM <b>WEIGHT LOSS CHALLENGE</b> Adina (starts Aug. 4)				11:00 AM - 12:00 PM <b>WEIGHT LOSS CHALLENGE</b> Barbara (starts Aug. 8)
1:15 - 2:15 PM <b>ADVANCED OSTEO-FIT</b> Kathie	1:30 - 3:30 PM <b>MOMMY &amp; BABY FIT.</b> Andrea		1:30 - 3:30 PM <b>MOMMY &amp; BABY FIT.</b> Andrea		12:00 - 1:00 PM <b>TEEN PERSONAL TRAINING</b> Sandra (starts Sept. 25)	
2:30 - 3:30 PM <b>OSTEO-FIT</b> Kathie				4:30 - 5:15 PM <b>INTRO 1 KETTLEBELL</b> Christine (starts July 9)		
5:30 - 6:30 PM <b>TEEN SPIN</b> Jenny B (starts Sept. 20)			5:30 - 6:30 PM <b>TEEN PERSONAL TRAINING</b> Jenny (starts Sept. 23)			
6:00 - 6:30 PM <b>INTERM. 1 KETTLEBELL</b> Christine (starts July 5)	6:30 PM - 7:30 PM <b>TEEN PERSONAL TRAINING</b> Danielle (starts Sept. 21)	5:30 PM - 6:30 PM <b>TEEN PERSONAL TRAINING</b> TBD (starts Sept. 22)	5:00 - 6:00 PM <b>WEIGHT LOSS CHALLENGE</b> Lori (starts Aug 5) <b>N</b>			
7:00 - 8:00 PM <b>WEIGHT LOSS CHALLENGE</b> Lori (starts Aug. 9)			7:30 - 8:30 PM <b>WEIGHT LOSS CHALLENGE</b> Barbara (starts Aug. 5)			

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

**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.

See reverse for our Dynamic Fitness Schedule

## Promenade Schedule 905.731.1520

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

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