

Session Dates & Registration Fees

Promenade

Session 1: Sept. 20 - Dec. 13 (12 classes)

Session 2: Jan. 10 - Apr. 4 (12 classes)

Session 3: Apr. 5 - June 21 (12 classes, Mon. 9 classes & Tues. 11 classes)

*Class cancelled Oct. 11, Feb. 21, Apr. 18, 19 & 25, May 23.

Bayview

Session 1: Sept. 20 - Dec. 13 (12 classes)

Session 2: Jan. 10 - Apr. 4 (12 classes)

Session 3: Apr. 5 - June 21 (12 classes)

Pickering

Session 1: Sept. 20 - Dec. 13 (12 classes)

Session 2: Jan. 10 - Apr. 4 (12 classes)

Session 3: Apr. 5 - June 25 (12 classes)

Registration Fees

Single class for single session \$20/week

Two classes for single session \$35/week

Single class for two sessions \$15/week

Two classes for two sessions \$26/week

Single class for three sessions \$12/week

Two classes for three sessions \$20/week

Drop-in class (space permitting) \$25

We accept visa, mastercard, AMEX, debit, cash or cheque. Payments can be made in installments which are post-dated for first date of each session.

Registration must be done by a Parent or Parental Guardian in person with a Membership Representative or Program Director.

General Information

You can request a tax deductible receipt at the time of registration which can be applied to \$500 per child allowance. A \$5 charge will apply when a receipt is requested once the program ends.

Drop-in option is available if space permits. This is recommended if the child is unable to attend classes on a regular basis.

Reservations are on a first come first serve basis. In order to reserve a spot, payment for the class needs to be made.

Class times and instructors are subject to change.

Make-up sessions are not offered, however if a medical note is provided, a make-up class can be arranged based on class availability.

Arrangements can be made prior to registration if the participant will miss one class.

Participant will be unable to participate if not dressed in appropriate gym attire in accordance with WFCC rules and regulations. No make-up sessions will be awarded.

Teens & Pre-Teens Programs

Fall 2010 - Spring 2011



To Register Call

Promenade Mall - 905.731.1520

Bayview/Eglinton - 416.489.1520

Pickering Town Centre - 905.420.1520

Womens Fitness *Clubs of Canada*

www.womensfitnessclubs.com

Teen Spin

Get ready for the ultimate cardio workout. Fun and energetic classes. Encourage a positive exercise experience. Top 40 music that teens love.

Program Outline

45 min. cardio on stationary cycle bikes.
15 min. abs & stretch.

Promenade

Monday 5:30 - 6:30pm with Jenny B.

*Class cancelled Oct. 11, Feb. 21, Apr. 18, Apr. 25 and May 23.

Bayview

Thursday 4:30 - 5:30pm with Laura

Pickering

Monday 4:30 - 5:30pm with Cynthia

*Class cancelled Oct. 11, Feb. 21, and May 23.

*No make up classes available.

Teen Nutrition

Address the sensitive issue with ease as our nutritionists will educate and coach your daughter to eat in a healthy and balanced way.

Program is individually based in order to meet your daughter's needs.

Meet 1 on 1, or parent supervised if requested.

After school appointments available.

Promenade: Lori Kennedy RHN, email; lori@plnw.ca

Bayview: Sandi Mandel RHN, email; sandimandel@hotmail.com

Pickering: Terri Patterson, email; food_coach@hotmail.com

Teen Training

Full body workout. Small group, comfortable setting. Use all regular gym equipment with age appropriate exercises to encourage proper growth of muscles, stamina & spinal strength.

Program Outline

Jam packed workout in 60 min. includes cardio, weights, and flexibility using gym equipment.

Promenade

Tuesday 7:30-8:30pm with Michele

Wednesday 6:00-7:00pm with Devi

Thursday 5:30-6:30pm with Jenny B.

Saturday 12:00-1:00pm with Sandra

Bayview

Tuesday 4:30 - 5:30pm with Laura

Pickering

Wednesday 4:30 - 5:30pm with Kat

*No make up classes available.



Dance Class

This is a great way to promote cardiovascular health in your daughter's life. These classes are dance inspired fitness classes that incorporate vibrant music and dance movements creating a dynamic, exciting, effective fitness system. It's fun and easy to do for dancers and non-dancers alike. A fantastic workout that will leave your child feeling great and wanting more.

Promenade

Zumba® (ages 5-9)

Tuesdays 5:00 - 6:00 pm with Stephy B. & Jenny B. *Class cancelled Apr. 19

Zumba® (ages 10 - 14)

Thursdays 6:30 - 7:30pm with Stephy B. & Jenny B.

Bayview

Zumba® (ages 10 - 14)

Saturdays 12:30 - 1:30pm with Laura

*No make up classes available.

Teen Yoga

Yoga strengthens and increases flexibility and coordination while enhancing self-awareness. Teens who practice yoga learn early on to tune into their bodies. This class is a relaxing & fun environment. Through practicing yoga, teens will learn ways to unwind and control stress in their lives in a positive manner.

Bayview

Wednesdays 4:30-5:30pm with Sue

Pickering

Yogalates

Thursday 4:30 - 5:30 pm with Kat

*No make up classes available. Yoga mats provided.