

# She's FIT!

CHILLIWACK

## GROUP TRAINING AND INSTRUCTION SCHEDULE

January 2 to May 30, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Keiser XPress 8:00 AM	Speed Zone 8:00 AM			Keiser XPress 8:00 AM		
Speed Zone 9:00 AM	Interval Training 9:00 AM			Speed Zone 9:00 AM		
Interval Training 10:00 AM	Keiser XPress 10:00 AM			Interval Training 10:00 AM		
Speed Zone 11:00 AM						
			Keiser XPress 4:00 PM	<p><b>CLUB HOURS</b>            Monday - Thursday 6:00 am - 9:00 pm            Friday 6:00 am - 8:00 pm            Saturday 8:00 am - 4:00 pm            Sunday 8:00 am - 1:00 pm</p> <p>For more information call 604-795-7707 or visit our website:  <a href="http://www.shesfit.com">www.shesfit.com</a></p>		
		Keiser XPress 5:00 PM	Speed Zone 5:00 PM			
		Speed Zone 6:00 PM	Interval Training 6:00 PM			
		Interval Training 7:00 PM				

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**"IN WITH ENCOURAGEMENT -  
OUT WITH JUDGEMENTS"**

**Exercise Floor – Please meet your Instructor at the Front Desk**

All sessions are done in a group setting; they are 30-45 minutes in duration.

# 2010 GROUP TRAINING AND INSTRUCTION CLASS DESCRIPTIONS

## **SPEED ZONE CIRCUIT**

This class will challenge cardiovascular, muscular strength and endurance. Each 45 second station is taught using a variety of equipment that focuses on cardiovascular training, muscle conditioning and abdominal work. Suitable for all fitness levels as you work at your own pace moving between strength/endurance exercises.

## **STRETCH INTRO**

The Stretch Intro class combines a unique system of stretching & strengthening to improve posture & balance. This invigorating class will help develop your flexibility and improve your strength. Stand taller, improve your posture and breathing.

## **KEISER XPRESS**

A full body workout focusing entirely on muscle conditioning using the exclusive Keiser Pressurized Air exercise program. A great overall body training program that will improve muscular endurance and give the user the best possible results from every exercise.



## **INTERVAL TRAINING**

A dynamic and fun class that incorporates various drills on cardiovascular equipment. It is an excellent physical workout for fat burning and cardio conditioning.

## **STRETCH & CORE**

This class combines a workout with abdominal exercises and is designed to improve your core strength, enhance posture and develop better overall body control. Complete this workout with core stability focus.

## **CARDIO INTRO**

Designed for beginners, this low intensity class provides knowledge on the key elements of cardiovascular training. Improve your health and build self esteem with this fun and safe fitness class .

*She's* **FIT!**

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