




She's FIT!

WHITE ROCK

GROUP TRAINING AND INSTRUCTION SCHEDULE

January 2 to May 30, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
Keiser XPress 8:00 AM	Keiser XPress 8:00 AM			Keiser XPress 8:00 AM		
Speed Zone 9:30 AM	Speed Zone 9:30 AM			Speed Zone 9:30 AM		
Speed Zone 10:30 AM	Interval Training 10:30 AM					
		Speed Zone 5:30 PM	Speed Zone 5:30 PM	<p>CLUB HOURS 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 604-535-5411 or visit our website: www.shesfit.com</p>		
		Interval Training 6:30 PM	Keiser XPress 6:30 PM			
		Keiser XPress 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 .

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