






Johnson Centre Fitness Drop-In Programs

September 6 to December 23, 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	*Aquafit 8:15-9 am					Aquafit 8:10-8:55 am	
		*Gentle Aqua 9:15-10 am		*Gentle Aqua 9:15-10 am			
 Karate 9-10:25 am	* Total Body Core 9:05-10 am	*Hi Lo 9:05-10 am	*Bootcamp 9:05-10 am	*Step-up 9:05-10 am	*Total Body Core 9:05-10 am	Step II Plus 9:05-10 am	
Flex and Core 10:35-11:25 am	*Step + Abs 10:05-11 am	*Total Body Core 10:05-11 am	*H.A.B.I.T. 10:05-11 am	*Flex and Core 10:05-11 am	*Step & Drill 10:05-11 am	Total Body Core 10:05-11 am	
Open Gym 11:35 am-1:30 pm		Open Gym 12:05-1 pm		Open Gym 11:05 am-1 pm			
Basketball 1:35-3 pm	Quick Cardio and Core 12:10-12:50 pm	◆ Line Dancing Intermediate 1 – 2:30pm	Quick Cardio and Core 12:10-12:50 pm			Open Gym 1:35-3:30 pm	
<p><i>Group exercise Policy: any class which averages less than 2 participants over the course of 2 successive weeks may be changed or removed from the schedule.</i></p> 		◆ Line Dancing Beginner 2:35- 3:30pm					
	Aquafit 2:15-3 pm						
		Open Gym 4:05-5 pm			Open Gym 4:05-5 pm	Open Gym 4:05-6 pm	
	*Bootcamp 6:30-7:25 pm	*Total Body Core 6:05-7 pm	*Body Blast 6:30-7:25 pm	*Bootcamp 6:30-7:25 pm	*Karate 6-7:15 pm (Activities Room)	Open Gym 6:35-7:55 pm	
	 Karate 7:30-9:00 pm	*Step + ABS 7:05-8 pm	Karate 7:30-9:00 pm				
	Aquafit 8:05-8:50 pm						*= Babysitting Available
Open Gym 9:00-9:45 pm	Open Gym 8:35-9:45 pm	Open Gym 9:00-9:45 pm					

Descriptions for the above Fitness classes can be found on page 30.

All participants must be a minimum age of 13 years with a parent, or 15 years without a parent.

Please ensure to bring an extra pair of dry shoes to change into for gym fitness programs. **Outdoor footwear is not permitted.**

Only non-breakable water bottles allowed.

◆Please refer to page 32 for prices and descriptions of these classes.

Any program which averages less than two participants over the course of four successive weeks may be changed or removed from the schedule. This applies to babysitting as well.

<b>Babysitting:</b>	Monday	8 to 11:30 am	5:30 - 7:30pm
	Tuesday	8 to 11:30 am	5 to 8 pm
	Wednesday	8 to 11:30 am	5 to 7:30 pm
	Thursday	8 to 11:30 am	5 to 7:30 pm
	Friday	8 to 11:30 am	

**\$2.25 per child per hour**


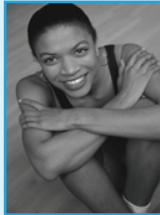




**Conditioning Centre**

Hours are Monday to Thursday 6 am-10 pm, Friday 6 am-9 pm, Saturday 8 am-8 pm and Sunday 8 am-5 pm.

Learn how to use our equipment safely and effectively at an orientation clinic on the first Thursday of each month a 7 pm. Participants 13 & 14 years are able to participate in the conditioning centre once they have completed an orientation clinic and attend with a parent or guardian 18 years or older. Participants 15 years or older are able to participate in the conditioning centre on their own.

## Johnson Centre Fitness Drop-In Programs

Jan 9 – Mar 31

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			*Aquafit 8:15-9 am			Aquafit 8:10-8:55 am
		*Gentle Aqua 9:15-10 am		*Gentle Aqua 9:15-10 am		
 Karate 9-10:25 am	* Total Body Core 9:00-9:55 am	*Hi Lo 9:00-9:55 am	*Bootcamp 9:00-9:55 am	*Step-up 9:00-9:55 am	*Total Body Core 9:00-9:55 am	Step II Plus 9:05-10 am
Flex and Core 10:35-11:25 am	<b>New</b> Cardio BootCamp 10:05-11 am	*Total Body Core 10:05-11 am	<b>New</b> Cycle 9:15-10 am	<b>New</b> *Total Body Core 10:05-11 am	<b>New</b> Zumba 10:05-11 am	H.A.B.I.T. 10:05-11 am
Open Gym 11:35 am-1:30 pm		Open Gym 12:05-1 pm	<b>New</b> Baby Fat BootCamp (Land) 10:05-11 am	*Open Gym 12:05 am-1 pm		
Basketball 1:35-3 pm		◆ Line Dancing Intermediate 1 – 2:30pm				Open Gym 1:35-3:30 pm
<p><i>Group exercise Policy: any class which averages less than 8 participants over the course of 2 successive weeks may be changed or removed from the schedule.</i></p> 	Aquafit 2:15-3 pm	◆ Line Dancing Beginner 2:35- 3:30pm	Aquafit 2:15-3 pm	Aquafit 2:15-3 pm	Aquafit 2:15-3 pm	
	Open Gym 4:05-5 pm	Open Gym 4:05-5 pm		Open Gym 4:05-5 pm	Open Gym 4:05-6 pm	
		*Total Body Core 6:05-7 pm	*Body Blast 6:30-7:20 pm			
	*Bootcamp 6:30-7:25 pm	*Step + ABS 7:05-8 pm		*Bootcamp 6:30-7:25 pm	 Karate 6-7:15 pm (Activities Room)	Open Gym 6:35-7:55 pm
	 Karate 7:30-8:30 pm		 Karate 7:20-8:30 pm			
	Aquafit 8:05-8:50 pm					*= Babysitting Available
Open Gym 8:35-9:45 pm	Open Gym 8:35-9:45 pm	Open Gym 8:35-9:45 pm	Open Gym 8:35-9:45 pm			

### PLEASE NOTE:

- Descriptions for the above Drop-in Fitness classes can be found on page 29.
- Please refer to page 32 for prices and descriptions of these classes with this symbol: ◆
- **Outdoor footwear is not permitted:** Please ensure to bring a pair of dry shoes to change into for gym fitness programs.
- Only non-breakable water bottles allowed.
- Any program which averages less than **eight** participants over the course of two successive weeks may be changed or removed from the schedule. This applies to babysitting as well.

**New**

PRE-REGISTRATION IS REQUIRED FOR **MONTHLY** PASS-HOLDERS (blue card) FOR CLASSES IN THIS DISPLAY BOX (NO 10, 20, 40 ACTIVITY PASSES). These classes do not start until the week of Jan. 9:



### Conditioning Centre

Hours are Monday to Thursday 6 am-10 pm; Friday 6 am-9 pm, Saturday 8 am-8 pm and Sunday 8 am-5 pm.

Learn how to use our equipment safely and effectively at an orientation clinic on the first Thursday of each month at 7 pm. Participants 13 & 14 years are able to participate in the conditioning centre once they have completed an orientation clinic and attend with a parent or guardian 18 years or older. Participants 15 years or older are able to participate in the conditioning centre on their own.

**Gym Drop-In Programs Class Descriptions**

**Aquafit**

Experience the benefits of training in the “liquid gym” – tone & balance core muscles; increase your heart, bone and joint strength; and increase circulation and weight loss. (Floatation belts are available).

**Gentle Aqua**

This class will suit pregnant women, individuals with arthritis or anyone with health issues that make exercise on land difficult. Instructor: Connie Jasinskas, M.Sc. Author and Instructor-Trainer, CALA Aquanatal and Healing Waters

**Step + Abs**

Get your cardio in with basic Step Patterns and drills, finish off with an abs work out.

**Step Up**

An awesome cardio work out which uses Intermediate step patterns combining both basic moves with new moves. This class also has options for any level.

**Step II Plus**

This high intensity class uses the step from all sides and angles with advanced patterns and formats.

**Total Body Core**

Want a full body work out? This class is for you! Using a variety of equipment such as Weights and resistance equipment, to give your muscles a solid strength and endurance workout

**Boot Camp**

Move from exercise to exercise working on both a cardio and strength, this class is going to make you sweat!

**H.A.B.I.T.**

Give your Hips, Abs, Buttocks and Inner Thighs a workout specifically for them!

**Flex and Core**

Work towards improving your Flexibility while you give your core a great workout.

**Body Blast**

A high energy combination impact class followed by muscular endurance, core and relaxing stretch segment. Ideal for beginners to the advanced

**Karate**

The art of empty hand fighting. Correcting and building aspects. Respecting ones opponent is a cardinal rule. Students are taught character, sincerity, effort, etiquette and self-control. Ages 8+



**Hi Lo**

This class consists of High and Low aerobic impact exercises, which will leave you satisfied.

**Cardio Kick**

This class combines the best of two worlds: group exercise and Martial Arts. No equipment needed! Each workout starts with a sport specific warm-up, bouts of intense intervals, easy to follow combinations, kickboxing specific strength/endurance training and cool down that work together to transform your body.

**Step and Drill**

Using steps you will enjoy cardio and strength drills.

**Gym Drop-In Programs**

Drop-in Rates Apply

Sunday	Open Gym	11:35am-1:30pm
	Basketball	1:35-3 pm
Monday	Open Gym	4:05-5 pm
	Open Gym	8:35-9:45 pm
Tuesday	Open Gym	12:05-1 pm
	Open Gym	4:05-5 pm
	Open Gym	8:35-9:45 pm
Wednesday	Open Gym	8:35-9:45 pm
Thursday	Open Gym	12:05am-1pm
	Open Gym	4:05-5 pm
Friday	Open Gym	4:05-6 pm
Saturday	Open Gym	1:35-3:30 pm
	Open Gym	6:35-7:55 pm

**Babysitting Hours**

Mon	8 to 11:30am & 5:30 to 7:30 pm
Tue	8 to 11:30am & 5 to 8 pm
Wed	8 to 11:30am & 5 to 7:30 pm
Thu	8 to 11:30 am & 5 to 7:30 pm
Fri	8 to 11:30 am
	<b>\$2.25 per child per hour</b>

**Personal Training**

*Your key to success!*



- ❖ Sessions and packages for all fitness levels
- ❖ Prices from only \$38.25 + taxes
- ❖ Certified and professional staff
- ❖ Customized packages to help you meet your goals
- ❖ Discounts for couples and group training



For more information please call 519 740-4681 ext 4457 or 4459 or stop by the WG Johnson Centre