

PERSONAL TRAINING at ESQUIMALT

Visit our website for ongoing personal training promotions

is personal training for you?

- Are you new to a weight room & need guidance with your fitness goals?
- Are you a recreational athlete wanting an off season training plan?
- Are you a seasoned fitness enthusiast needing new ideas or motivation?
- Has your doctor told you "you have to start exercising"?

For all these reasons, and more, Personal Training at Esquimalt is for you. Let our trainers help you achieve your goals! If you are managing illness or injury you may be required to provide current doctors recommendations prior to starting your personal training sessions. Please call 250 412 8502 to inquire.

DROP-IN FITNESS PROGRAMS DESCRIPTIONS:

Should participation rates fall below the minimum acceptable level on an ongoing basis classes may be changed or discontinued. Class format & instructor may change without notice.	CARDIO FIT Keep your heart healthy and strong in this fun & simple to follow, low impact aerobics workout, followed by resistance exercises. Move at your own pace to music of the 60's & 70's.
STRETCH & STRENGTH Improve your balance, flexibility, and coordination in this fun and gentle class. Option to sit or stand.	TOTAL CHALLENGE CLASSES Give your energy a boost through each of these dynamic classes: Total Aerobic Challenge – gets you moving with fun and easy to follow combinations. Total Body Challenge - begins with high/low aerobics to warm you up, follows with functional muscle toning exercises using the step, body bar & hand weights. Low choreography. Total Step Challenge - begins with a high energy cardio step class, followed by muscular endurance exercises to help tone the body.
OSTEO FIT Promotes fitness & bone health through gentle weight bearing exercise. Some seated, some standing.	CORE TO THE FLOOR NEW DAY This class combines exercises that target the lower body and abdominals.
BELLYFIT Fusion of movements from fitness, belly dance, Bollywood, Bhangara, African Dance and more. Pilates inspired core work and Yoga inspired relaxation.	ABS LAB Concentrated abdominal and lower back work, followed by a deep stretch.
MIXED INTERVAL CHALLENGE Mix cardio intervals with sets of strength training exercises to peak your calorie burn. Using steps, weights, bands & balls. This short, high intensity workout can be modified for most levels.	BOX FIT Punch and kick your way to fitness. Work the upper body with shadowbox exercises, combine that with kick combos that target the lower body and you have one kick'in combination.
POWER CIRCUIT Always changing, this lunch hour workout will make you sweat. No choreography, circuit style. Cardio bursts mixed with strength & endurance moves. Body weight, tubes, weights, med balls & steps.	DROP-IN BEGINNER NEW TIME FLOW & HATHA YOGA Take some time out of your day to experience the tranquility of this class. Participants perform a series of poses and breathing exercises designed to stretch and strengthen your body and calm the mind & spirit! Space is limited so show up early!
YOGA STRETCH NEW This class combines yoga poses with fitness stretches to bring balance and flexibility to the body. Finish the class with a regenerating relaxation period. Suitable for all levels.	JAZZERCISE Dance yourself FIT! Cardio, strength, and stretch for a total body dance workout. Includes moves from hip-hop dance, jazz dance, yoga, pilates, and kickboxing. All levels welcome!
BALL & STRENGTH This dynamic class will challenge your balance, improve your muscle tone and work the core using stability balls and free weights. This class is 75 minutes long.	

Wellness Centre Hours Of Operation

Monday-Sunday: 5:30am-10:30pm
Friday: 5:30am-8:00pm
Friday YOUTH ONLY: 8:00-10:30pm

www.esquimalt.ca/parksRecreation/

for regular updates and ongoing information about fitness.

NEW GROUP **PERSONAL TRAINING**

Interested in Personal Training but don't want to do it alone? We have monthly small group training sessions to help you reach your fitness goals. 1 month, 2 sessions/week, private studio space. Min 3 people & Max of 4. *Group PT forms must be returned 3 days before start date of session. 1st class will include a baseline fitness assessment, come in fitness attire.*

BEGINNER: New to exercise, new to free weights, need to learn the basics

29117	Mon/Wed	May 3-26	6:30AM-7:30AM
29115	Tue/Thu	May 4-27	7:45AM-8:45AM
29118	Mon/Wed	Jun 2-28	6:30AM-7:30AM
29120	Tue/Thu	Jun 1-24	7:45AM-8:45AM
29125	Mon/Wed	Jul 5-28	6:30AM-7:30AM
29122	Tue/Thu	Jul 6-29	7:45AM-8:45AM
30211	Mon/Wed	Aug 4-30	6:30AM-7:30AM
30214	Tue/Thu	Aug 3-26	7:45AM-8:45AM \$145/8

INTERMEDIATE: Exercise regularly and are looking for a challenge

29749	Mon/Wed	May 3-26	7:45AM-8:45AM
29114	Tue/Thu	May 4-27	6:30AM-7:30AM
29119	Mon/Wed	Jun 2-28	7:45AM-8:45AM \$145/8
29121	Tue/Thu	Jun 1-24	6:30AM-7:30AM \$127/8
29123	Mon/Wed	Jul 5-28	7:45AM-8:45AM
29124	Tue/Thu	Jul 6-29	6:30AM-7:30AM
30121	Mon/Wed	Aug 4-30	7:45AM-8:45AM
30213	Tue/Thu	Aug 3-26	6:30AM-7:30AM \$145/8

Co-Ed Trail Running Clinic
See page 38 for details.

Navy 5k & 10k
Sunday August 15, 2010
Register on line at eventsonline.ca
after June 1, 2010