

Winter Session I
Jan. 25 - Feb. 25

Virtual Via Zoom Fitness Classes



Registration opening date: January 11, 2020

INTENSITY LEVEL

Absolute Beginner All Levels

Fitness Perk!

Annual members receive 10% off all fitness classes.
(Call the Bold Center to receive this discount)



EARLY BIRD DISCOUNT 15%

Register one week before the classes start.

CLASS	DESCRIPTION	DAY/TIME	COST
Cardio: Weights:Core	FREE FOR ANNUAL MEMBERS! Do you want to fit your full workout into one hour and not have to think of what to do next? This is the class for you. This class will include 30 minutes of cardio (do not worry, the cardio will vary in drills, sprint, of different forms of exercise), 20 minutes of strength training plus 5 minutes of core and a short but necessary cool down.	Mon/Wed 6:15 - 7:15 AM	Session \$70
50+ Stretch & Strengthen	Stretch and Strengthen is tied in with the 50+ Walk-On program. Join our CSEP-certified trainer for a 30-minute exercise class that focuses on fun while improving strength and flexibility	Monday 9:30 - 10 AM	Free
Barre, Ball & Band	Using weight bars, Bender balls, and resistance bands, this low impact total body sculpting class will wake up muscles you didn't even know you had.	Tues/Thurs 10 - 11 AM	Session \$80
Total Body 101	Does the idea of strength training scare you? Do you wish your body moved and recovered better? This low impact class will focus on improving overall strength, joint range of motion, and flexibility.	Monday 10:30 - 11 AM	Session \$18
Postnatal Fitness (NEW)	This class is specific for moms who are a minimum 6 weeks post-partum and have been cleared by their doctor to exercise. While being mindful of moms with babies of all ages the class will focus on connecting your breath with your movement and may include the baby in some of the movements provided. Each class will end with a topic or intention the incorporates the relation between fitness and post-partum.	Wednesday 10:30 - 11:15 AM	Session \$32
Mini Band Camp	5 different bands, countless body shaping exercises. This low-impact lunch time fitness class will have you tightening and toning all of the major muscles in the body including the smaller ones in between.	Mon/Wed 12:15-12:45 PM	Session \$42
Spin 30* Any Cardio equipment can be used.	Sit down, strap in, and get ready to ride. Take a break from your day and enjoy this 30-minute spin class that will include intervals, hill climbs and a whole lot more!	Tues/Thurs 12:15-12:45 PM	Session \$48
Fusion	Fusion Fitness is a blend of Pilates, balance, core, strength and endurance training blended together to form a low-impact mat based workout. The goal of the program is to have all participants feel successful in their movement, strong, de-stressed, more flexible and relaxed.	Mon/Wed 5:30 - 6:30 PM	Session \$70
Zumba® Circuit	This program consists of Zumba® cardio movement mixed with light to moderate resistance training using dumbbells and free weights. The class will finish with a Bender Ball toning segment and stretch. This program encourages active engagement in physical activity helping people achieve or maintain their goal weight, manage stress, and live healthier.	Tues/Thurs 5:30 - 6:30 PM	Session \$80
Prenatal Fitness (New)	This class is designed for to moms to be, whether you are newly pregnant or heading into your third trimester (with clearance from your doctor). The class will use portable equipment and body weight to strengthen and condition the body. At the end of each class we will also discuss the benefits of exercise and pregnancy through a variety of topics.	Tues/Thurs 6:45 - 7:30 PM	Session \$32

Fitness Class Guidelines

- Equipment is provided. Space is limited due to equipment lending. Classes will be live and not pre-recorded.
- You can receive a full refund or credit if you register for a class and decide its not for you, but you must withdraw on or before the end of the first class.
- Fitness classes are open to participants 16+ years. Youth ages 13 to 15 years may register with a parent or guardian.
- Unless otherwise noted, classes are not held on statutory holidays.
- Equipment pick up for session I : January 20-24th at the Bold Center. Equipment to be returned : February 26 - March 2nd.
- Equipment pick up for session II: March 3- 7th at the Bold Center. Equipment to be returned: April 2 - 9th.



Lac La Biche County
welcoming by nature.

