



## FITNESS CLASS FALL SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:30 AM (45 mins)</b>	<b>Aqua Fit</b> Linda	<b>Aqua Fit</b> Linda	<b>Aqua Fit</b> Wendy	<b>Aqua Fit</b> Linda	<b>Aqua Fit</b> Vivian
<b>9:30 AM (60 mins)</b>	<b>On the Ball</b> Linda	<b>Step &amp; Sculpt</b> Linda	<b>Stretch, Flow &amp; Go</b> Wendy	<b>Body Sculpt</b> Linda	<b>Power Mix</b> Linda
<b>10:30 AM</b>		<b>Stretch, Flow &amp; Go</b> Linda		<b>Aqua Fit**</b> Vivian	
<b>11:30 AM (45 mins)</b>		<b>Aqua Fit</b> Linda			

\*Please note classes will not run on Family Day Monday

\*\* All Aqua Fit and stretch classes are 45 minute classes

### CLASS DESCRIPTIONS:

**AQUA FIT:** Deep and shallow water exercise class for total body workout.

**ON THE BALL:** Cardio warm-up, strength, and flexibility exercises all performed on the resist-a-ball.

**BODY SCULPT:** Total body strength class, using weights, bands or tubes for added resistance.

**STEP & SCULPT:** Combination of step movements & strength for an overall total muscle & cardio workout.

**STRETCH, FLOW & GO:** Active stretching with flowing movements which will improve your overall well-being.

**POWER MIX:** This class is a combination of a step, sculpt and stretch class for an overall workout.

**YOUR INSTRUCTORS: Vivian McFarland, Wendy Doherty, Linda Kuznik**

Please inquire at Inndulgences about personal training sessions!

**Sports Centre Memberships  
& Time Sensitive Passes (Day & Week)**

	Day	Week	1 Month	3 Month	Year
Child	\$5.39	\$12.92	\$26.94	\$70.05	\$221.69
Single	\$10.77	\$26.93	\$53.81	\$129.14	\$443.39
Couple	\$16.15	\$37.71	\$80.72	\$193.69	\$665.09
Family	\$21.56	\$48.49	\$107.61	\$258.29	\$886.78

All prices include HST & RAF and access to all instructed fitness classes.

NOTE: HVPOA Members receive 15% off shown prices.  
Family consists of 2 adults & 3 children (6-17 Yrs)  
Children under 5 are FREE

Membership Amenities

Inn

Squash court, exercise and weight room, indoor pool, child wading pool, indoor whirlpool, sauna, scheduled fitness classes, change rooms, lockers, walking trails and maps, outdoor pool (seasonal) , beach volleyball pit (seasonal).

Lodges

Exercise and weight room, whirlpool, change rooms with saunas, outdoor pool, and outdoor whirlpool (seasonal).

Fitness Classes

Aqua, easy wave, on the ball, cardio ball, body sculpt step sculpt, gym fit, Nordic walk, stretch flow & go, yoga and body pump.

All classes are 45 minutes in length. For class times or to pick up a schedule please go to Inndulgences located at the Inn or call 835.2790 ext 1361.