


Registration begins Tue. Nov. 24; Registered programs begin January 9

Winter 2010

**Specialty**

What else to call this amazing collection of classes including spicy Latin dance moves, mind/body exploration, hoopdance, Bosu Core training, strength training, Nordic Walking and more! Check our website for descriptions of these programs.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open [ Body ] Space				7:35-9:30pm, Anne 63310 \$225			
Tai Chi	Tai Chi - All Levels 8-9:25pm, Paul 63313 \$188.50	Tai Chi 12:45-1:40pm, Abbie 63314 \$136.50					
Nordic Walking	Anna E All Levels 9:15-10:15am Jan 11 63303 \$40 Feb 8 63304 \$40	Anna E Advanced: 6-7pm 63321 \$147 All Levels: 7-7:55pm Jan 12 63305 \$40 Feb 9 63306 \$40		Gentle Nordic Walking 9:30-10:15am Jan 14 63324 \$40 Feb 11 63325 \$40		Nordic Walking Orientations Anna E, Jan. 9 10:30-11:45am 63308 \$20	
Hoopng				Basics 10:30am, Trish 63487 \$136.50	Basics 6:30-7:30pm, Brigitte 63319 \$136.50 begins Jan. 8 Friday Hoop Jams FREE 7:35-9pm 2x/ month*		Basics: Brigitte 10am 63317 \$136.50 12pm 63318 \$136.50 Intermediate: 11am 63320 \$136.50
SalsaFit			8-8:55pm, Donna 63312 \$147				
ZUMBA® FITNESS	6:45-7:40pm, Shawn 63315 \$136.50						
Gentle Stretch			8-9am, Philippa 63323 \$136.50				
Piloxing <i>See description</i> →				6:30-7:15pm, Burke 63311 \$133			

**What is "PILOXING?"**

The latest celebrity fitness craze in Hollywood, Piloxing is a creative mix of Kickboxing and Pilates with a mental and physical goal of attaining a "Sleek, Sexy and Powerful" self-image. No other exercise contains these two extremes; the powerful feeling of throwing solid punches, then transferring your body movements into Pilates, where positioning and gravity are used to work the muscles.

*\*Check the Dovercourt Calendar for dates*

**Strength**

Need a reason to add strength training to your fitness routine? It will increase your metabolic rate, increase bone density, help prevent injury, make you stronger, more flexible and balanced, and make you look and feel better—to name just a few!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp			12:10-12:50pm, 63352 \$120				
Women on Weights	9:30-10:25am, Philippa 63359 \$136.50		7-7:55pm, WOW & more! Kate 63361 \$147	9-9:55am, Peggy 63360 \$147			
Senior Weight Training	2:45-3:40pm, Philippa 63354 \$136.50	9:30-10:25am, Philippa 63355 \$147		1:30-2:25pm, Peggy 63356 \$147	9:30-10:25am, Philippa 63357 \$136.50		
Healthy Back Stretch & Strength		5:30-6:15pm, 63353 Jaclyn \$147					
Total Core Training				6:30-7:25pm, Alanna 63358 \$147			
Alternative Core Training							9-9:55am, Dylan 63351 \$136.50

**DID YOU KNOW?**

In addition to the small group Strength training classes held in our Fitness Centre, we offer **personal training and fitness appraisals**. Working with a **personal trainer** will enhance your workouts, and keep you motivated and on target for your fitness goals. A **fitness appraisal** is a snapshot of your personal fitness level including heart rate, blood pressure, body composition, BMI, waist/hip ratio, and a measure of your flexibility, muscular strength and cardiovascular capacity.  
**Personal Training: \$55/ hr**      **Fitness Appraisal: \$55**  
 A great gift of health for you—or someone else!

**Rehabilitation**

Programs for specific needs, taught by experienced, caring instructors.

Rehab Walking:	Tuesdays 11:40am 63346 \$112 Nancy
	Thursdays 2:30pm 63347 \$112
Feldenkrais:	Mondays 1pm 63345 \$126 Rosa
Osteofit:	Tuesdays 1:30pm 63348 \$147 Peggy
	Thursdays 10am 63349 \$147

Updated: Jan. 22, 2010



DOVERCOURT RECREATION CENTRE

**Winter Health & Fitness**



Dovercourt offers fitness options to match your interests, schedule & goals. Group Fitness provides a wide variety of class types at convenient times (morning, daytime & post-work; see the schedule below for details). Our Fitness Centre is available every day. We also offer more specific focus through registered programs including Aquafitness, Pilates, Yoga, Spinning, Rehab, Nordic Walking, Strength Training, Tai Chi, Bosu, Hooping, Zumba and more! See the inside of this flyer for details.

**Our UNLIMITED FITNESS PASS** gives you unlimited visits to Group Fitness classes and our Fitness Centre. Group exercise is a perfect place to start: whether you bring a buddy or make new friends, the many benefits of working out in a group make it a great choice.

from **\$39.50/month**

**Group Fitness** Winter Group Fitness Schedule Begins Jan 4.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	Step Alanna		Interval Lorayne/ Trish	StrengthMix Lorayne	Low Lorayne		
8:30am	Low Fusion Ginette	Low + Core Derek	Low Alanna	Ginette's Variety	StrengthMix Pam	8am Low Sculpt Lorayne	8am StrengthMix Lorayne
9:30am	Yoga for All - Ginette 63388 \$40 Members* <small>*Members = current 3 month Unlimited Fitness Pass Holders; or \$136.50 for NM</small>	StrengthMix Pam	Low Dylan	Total Body Ball Ginette	Low Teri/ Donna	9am - Skip; Step; Boot Camp Amy/ Trish	9am - Low Carol/ Lorayne
11:00am	Gold Club Darlene	10:30am Sporty Moms Trish	Gold Club Darlene		Gold Club Darlene		
12:10pm			Boot Camp 12:10-12:50				
5:30/ 5:45pm	5:45 Low/ Kickbox/ 20 20 20 Alanna/ Amy	5:30 CardioFusion <b>NEW!</b> Mary	5:45 - Low Lorayne/Carol	5:30 - Boot Camp Amy			

\*Fitness passes may be purchased at any time, & are not restricted by session. Passes may be used for Group Fitness & Fitness Centre visits.

- 1 month Unlimited visits - \$39.50 (Under 25 yrs old - \$25 for 1 month)
- 3 month Unlimited visits - \$112
- 10 visits - \$70 (valid for 90 days)

**Fitness Centre**

Enjoy our Fitness Centre, with free weights, multipurpose circuit equipment and cardio equipment. In addition to Personal Training packages, we also have a variety of instructor-led small group strength programs that take place in our Fitness Centre (see the Specialty Fitness Schedule). Use your **Unlimited Fitness Pass** for the Fitness Centre, as well as for Group Fitness classes!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hours	6:30am-9pm	7:00-9pm	6:30am-9pm	7:00-9pm	6:30am-9pm	6:30am-8pm	6:30am-8pm
Closed for classes	9:30-10:30am	9:30-10:30am; 1:30-2:30pm		9-11am; 1:30-2:30pm	9:30am-10:30am		

**Kinderkorn Childcare** Monday to Friday: 8:15 - 11:45am

Kinderkorn gives you the opportunity to participate in our Recreation, Aquatics & Health and Fitness programs or to relax in the lobby while your children are playing in a safe & loving environment. Visits are 1.5 hours.

Drop in \$6.50	10 visits \$44.00
5 visits \$27.50	Unlimited \$165.00



## Aquafitness

Why exercise in the water? It's safe, improves strength, flexibility & balance, minimizes injury and supports the body. The Dovercourt pool features warm water, easy ramp access, caring & experienced instructors.

	Monday	Tuesday	Wednesday	Thursday	Friday
Aquafit	12:00 Andrew 63269 \$110.50		8:15am Pam 63271 \$119		
Wakeup Workout	6:30am Catherine 63300 \$110.50		6:30am Wendy 63301 \$119		6:30am Wendy 63302 \$110.50
After Work Aqua				5:45pm Liz 63261 \$119	
Senior Aqua		11:15am Kate 63294 \$110.50		11:15am Robin 63295 \$110.50	
Sporty Moms Aqua				2pm Kate 63298 \$95 begins Feb.4	
Deep Aqua		6:30pm Wendy 63275 \$119 7:15pm Joanna 63277 \$119		8:15pm Liz 63276 \$119 7:30pm (gentle) Liz 63279 \$119	
Total Aqua		6:30pm Joanna 63299 \$119			
Cardio Power			8pm Randeem 63274 \$119		
Aqua Arthritis	11am Robin 63262 \$102	3pm Robin 63263 \$119	10:30am Dylan 63264 \$110.50	8:45am (deep) Robin 63278 \$110.50 2:45pm Robin 63265 \$119	
Aquafit <b>ZUMBA</b> <small>FINEST</small>	8pm Brigitte 63273 \$110.50				
<b>NEW!</b> Aqua Zen					7:30pm Wendy 63267 begins Feb. 5 \$76.50

## Aqua Specialty

	Monday	Tuesday	Wednesday	Thursday	Friday
Prenatal Aqua		7:15pm Wendy 63291 \$133			
H2O Running	8pm Randeem 63281 \$123.50	8:30am Dylan 63282 \$123.50	8pm Dylan 63283 \$133		
Healthy Back Aqua		8:30am Pam 63284 \$123.50			9:15am Dylan 63286 \$114
Liquid Abs	8am Dylan 63287 \$123.50				8am Dylan 63288 \$123.50
Post Stroke Aqua		2pm Robin 63289 \$110.50		12:30pm Robin 63290 \$110.50	
FM Aqua			12pm Robin 63280 \$133		

## Spinning

Join our Spinning® classes for a great non-impact workout. We have options for registering & drop in.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Regular Spin Classes 50min Mondays & Saturdays: 13 wks \$139 Tuesday - Friday: 14 wks \$150	6pm Pam 63374		6:30am Philippa 63375 5:45pm Chris 63376 6:45pm Barb 63377	7:35pm Barb 63379	6:30am Lacey 63378	9:15am Chris/ Barb 63380
CycleYoga with Anne		5:45-7:00pm: 63382 \$175			5:15-6:30pm: 63383 \$162.50 6:45 - 8:15pm: 63384 \$188.50	7:30-9am: 63385 \$188.50



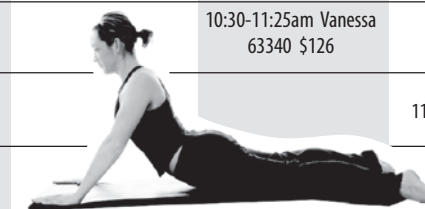
Updated:  
Jan. 22, 2010



## Pilates

Our Pilates matwork program is based on Joseph Pilates' original exercises that focus on core stabilization, abdominal and lower-back strength and flexibility. Develop length & strength with our Stott & Classic trained instructor team. Registering for the session ensures a safe progression of technique; therefore drop-ins are not encouraged.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Introduction	6:45-7:45pm Alanna 63336 \$136.50		7-7:55pm Mary 63338 \$147			9:30-10:25am Vanessa 63339 \$126
Intermediate/ Advanced	Intermediate/Advanced 7:30-8:25pm Vanessa 63334 \$136.50	Intermediate: 7:00-7:55pm Carolyn 63331 \$147  Advanced: 8:05-9:00pm Carolyn 63327 \$147		Intermediate: 8:20-9:15pm Mary 63332 \$147  Advanced 7-8pm Carolyn 63328 \$147		Intermediate: 9-9:55am Carolyn 63333 \$136.50  Intermediate/Advanced 10-10:55am Carolyn 63335 \$136.50
Pilates Express			Intermediate: 6:15-6:55pm Mary 63330 \$133	Advanced: 7:35-8:15pm Mary 63329 \$133		
Pilates with Baby						10:30-11:25am Vanessa 63340 \$126
Pilates/Yoga Mix	Intermediate 6:30-7:40pm Mary 63326 \$162.50		Introduction 8-9:10pm Mary 63344 \$175			Equipped: 11am-12:10pm Mary 63485 \$162.50
Pilates with Fahri	10-10:55am Fahri 63342 \$126					



## Yoga

Discover the many benefits of yoga: increased flexibility, stress relief, toned muscles, better posture and improved concentration. We are proud of our varied yoga program and the high caliber of our instructors. In addition to our registered classes, we offer a drop in Hatha yoga classes on Monday evenings from 8 - 9pm (special drop in fee of \$8.50, paid at the downstairs desk).



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gentle Yoga		8:05-9:00pm Robyn 63362 \$147	6:50-7:45pm Cheryl 63363 \$147			
Strong & Flexible through Yoga		6:30-7:55pm Janice 63368 \$198				
Yoga Stretch & Strength				6:20-7:30pm Mary 63373 \$175		
Yoga Fusion	7:45-8:55pm Mary 63372 \$162.50					
Shanti Yoga		Int. 6:45-8am Anne 63367 \$162.50				
Yoga for a Healthy Back		7:15-8:30pm Eric 63370 \$175		9:45-11am Eric 63371 \$175		
Prenatal Yoga				6pm Gurudeep 63364 \$136.50		
Shanti Mom & Baby Yoga						10:45am-12pm Anne 63365 \$162.50
Pilates/Yoga Mix	Inter. 6:30-7:40pm Mary 63326 \$162.50		Intro 8-9:10pm Mary 63344 \$175			Equipped: 11am-12:10pm Mary 63485 \$162.50
Teen Yogalates				4:15-5:10pm Alanna 63369 \$136.50		
<b>NEW!</b> Yoga for All	9:30-10:25am Ginette 63388 \$136.50 or \$40 Members*					
Drop in Yoga	8-9pm Toni Drop in \$8.50					



\* Members = current 3 month Unlimited Fitness Pass Holders