



Registered Classes ~ "Variety"

Strength, Core, Hooping & more!

An amazing collection of classes including Strength, hoopdance, Core training, and more! Check our website for descriptions of these programs.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Weight Training				1:30pm Peggy #60459 WR \$80 (8)	9:30am Jo-Ann #60462 WR \$80 (8)		
Osteofit		1:30pm Peggy #60465 WR \$80 (8)		10am Peggy #60466 WR \$80 (8)			
Women on Weights	9am Jo-Ann #60457 WR \$70 (7)			9am Peggy #60458 WR \$80 (8)			
Hooping				7:30pm Brigitte #60493 AH \$80 (8) 8:30pm Brigitte #61006 AH \$80 (8)	Free Friday Hoop Jams 6-7:30pm 2x/ month*		
Alternative Core Training	6:30pm Dylan #60482 ST \$70 (7)				*Check the Dovercourt Calendar for dates		
Total Body Ball				6:30pm Alanna #60490 AH \$80 (8)			
ZUMBA [®] FITNESS	6:30pm Shawn #60494 AH \$50 (7)**	**You may also use your Fitness Pass or pay a \$12 Drop in					
Nordic Walking				Mini Session \$50 (5) 5:45pm Pam #61000 Jul 8-Aug 5	Includes Orientation class + 4 classes		

WR: Weight Room AH: Assembly Hall ST: Studio VA: Visual Arts Studio
BR: Boardroom PS: Preschool Room P: Portable

revised Jun 29, 2009

Please refer to the Holiday schedules posted online & in the Centre for classes affected by Canada Day (Wed. July 1) & the Civic Holiday (Mon. Aug. 3)

Catch some *Dance Fever!*

ZUMBA[®]
FITNESS
Mondays
6:30pm #60494
\$50 (7)

This summer, enjoy Zumba[®] in 3 ways: register for all 7 classes, or use your Fitness Pass (group fitness & Fitness Centre) OR pay a \$12 drop in (Specialty rate) Move & shake to the awesome Latin beat!



Dovercourt HEALTH & FITNESS PROGRAMS

Summer 2009

Enjoy loads of program options this Summer in air conditioned comfort! Dovercourt offers you fitness options to match your interests, schedule & goals. Group Fitness provides a wide variety of class types at convenient times (early morning, daytime & post-work). Our Fitness Centre is available every day. We also offer more specific focus through registered programs including Pilates, Yoga, Spinning, Rehab, Strength Training, Core, Hooping, Zumba and more!



\$37.50/month

for our **UNLIMITED Fitness Pass** - UNLIMITED visits to the Fitness Centre as well as Group Fitness classes!

Group Fitness June 29th to August 23rd

Please refer to the Holiday schedules posted online & in the Centre for classes affected by Canada Day (Wed. July 1) & the Civic Holiday (Mon. Aug. 3)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	Low Variety Ginette		8am Gentle Yoga Alanna	Strength Mix Lorayne/Pam	Low Impact Lorayne	8am - Lorayne Low Sculpt	8am - Trish Strength Mix
9:15am	Low Impact Ginette	Strength Mix Lorayne/Pam	Low Impact Alanna	Low Body Ball Ginette	Low Impact Lorayne	9am - Trish/ Amy Skip/ Step/ Boot	9am - Low Carol/ Lorayne
5:30pm	Low - Alanna 20 20 20 - Amy Low - Alanna Bootcamp - Amy	Strength Mix Lorayne	Low Impact Lorayne/Carol	Bootcamp blast Amy		Fitness passes may be purchased at any time, and are not restricted by session. Passes may be used for Group Fitness & Fitness Centre visits. • 1 month Unlimited visits - \$37.50 (Under 25 yrs old - \$25 for 1 month) • 3 month Unlimited visits - \$112 • 10 visits - \$70 (valid for 90 days)	
6:30pm	ZUMBA [®] FITNESS Shawn	**Do Zumba 3 ways: use your Fitness Pass, Drop in \$12 or register for \$50 (7 classes)					

Fitness Centre Use your **Unlimited Fitness Pass** for the Fitness Centre, as well as for Group Fitness classes! Enjoy our Fitness Centre, with free weights, multipurpose circuit equipment and cardio equipment including Stairmasters, elliptical trainer, recumbent bike, Lifecycle, rowing machine & treadmill. In addition to Personal Training packages, we also have a variety of instructor-led weight training small group programs that take place in our Fitness centre (see the Specialty Fitness Schedule)

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

Registered Classes

Registered classes are a commitment to yourself and your health, & an opportunity to focus, explore & progress. We offer a wide range of classes, including the 'standards' you expect, as well as leading edge programs. Register online, by phone or in person; register early to avoid disappointment.

Aquafitness **Aquafitness programs begin the week of June 29th**

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	7:30-8:15pm #60300 \$61 Joanna		8:30-9:15pm #60303 \$55 Joanna		
Wakeup Workout	6:30-7:15am #60296 \$65 Diane		6:30-7:15am #60297 \$65 Chris	6:30-7:15am #60451 \$65 Chris	
Prenatal Aqua		7:15-8pm #60294 \$65 Elissa			
Deep Aqua		6:30-7:15pm #60282 \$65 Elissa		6:30-7:15pm #60283 \$65 Elisabeth	
Total Aqua		6:30-7:15pm #60305 \$65 Joanna			
Healthy Back Aqua				6:30-7:15pm #60290 \$65 Elissa	
Aqua Arthritis	12-12:45pm #60278 \$65 Robin			3-3:45pm #60280 \$65 Meg	12-12:45pm #60281 \$65 Randeem
Deep Water Aqua Arthritis					
Post Stroke Aqua		12-12:45pm #60291 \$65 Robin		12-12:45pm #60292 \$65 Robin	
FM Aqua			12-12:45pm #60286 \$65 Robin		
H2O Running	7:30-8:15pm #60289 \$68 Dylan		7:30-8pm #60288 \$61 Dylan		



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Spinning

Spinning returns next Fall!

Registered Specialty classes



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 and strength with our Stott & Classic trained instructor team. Registering for the session ensures a safe progression of technique; therefore drops ins are not encouraged.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fundamental		6pm #60470 \$80 (8) (PS) Carolyn				
Fund/Essential						9am #60487 \$70 (7) (BR) Carolyn 10am #60488 \$70 (7) (BR) Carolyn
Essential	7:30pm #60481 \$70 (7) (ST) Alanna	7pm #60478 \$80 (8) (AH) Carolyn				
Intermediate		8pm #60484 \$80 (8) (AH) Carolyn				
Pilates Express Essential				6:15-7pm #60491 \$80 (8) (PS) Carolyn		
Pilates with Props			6:30pm #60485 \$70 (7) (AH) Vanessa			
Drop-in Pilates			7:30pm (ST) Drop In \$8.50 Vanessa			

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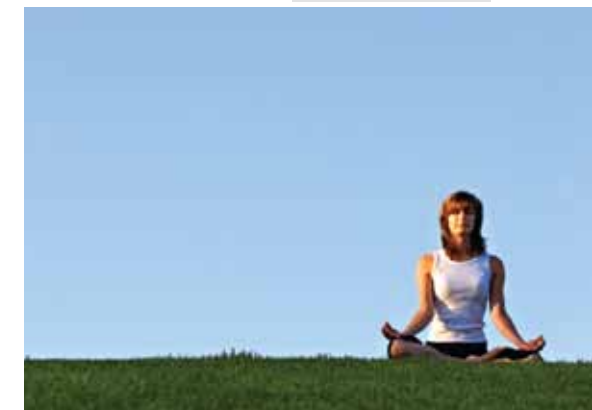
Yoga

Discover the many benefits of yoga: increased flexibility, stress relief, toned muscles, better posture & improved concentration. We offer general yoga classes, as well as specialty and fusion yoga classes, taught by our team of strong, experienced instructors. Drop ins are allowed if space permits and with instructor permission.

There's more; turn the page for "Variety" Specialty classes



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gentle Yoga			6:30pm #60473 \$70 (7) (ST) Cheryl			
Yoga Stretch & Strength		6pm #60483 \$96 (8) (ST) Janice		7pm #60477 \$96 (8) (PS) Toni		
Prenatal Yoga				6pm #60468 \$80 (8) (ST) Gurudeep		
Drop in Yoga	8pm Drop In \$8.50 Toni					
Yoga for a Healthy Back		*Just added 7:30-8:45pm #61009 \$70 (7) (OUTSIDE) Eric				revised Jun 25, 2009



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