

# Winter 2012

TWP Group Fitness Program

January 3 – April 29

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	Cycle 📞 (45 min) Pilates	Cycle 📞 (45 min)	Sculpt	Cycle 📞 (45 min)	Total Body Conditioning		
6:30am		TRX (45 min) 📞					
7:30am		Advanced Sculpt		Advanced Sculpt			
9:00am	Step'n'Sculpt (75 min) 📞	Sculpt 📞	Step 3 Spinnervals 📞	20-20-20 Cycle (45 min) 📞	Zumba TRX 📞 (45 min)	Step 2/3 Cycle 45 min. 📞	Cycle 45 min. 📞
10:00am			Zumba	Pilates 50-50	Yoga Stretch	Cycle 📞 (45 min) Sculpt 📞	
10:30am	Yoga Core						Zumba
11:00am		50 Plus	Functional Fitness & Yoga	50 Plus	Beginner Step	Yoga	
11:30am							Sunrise Yoga
12:05pm	Step 2/3 45 min.	Total Body Conditioning 45 min.	Yoga 45 min.	Total Body Conditioning 45 min.	Sculpt & Core 45 min.		
1:00pm		Yoga Stretch					
3:30pm		Cardio Strength Blast		Power Step & Sculpt			
4:00pm	TBC		Cardio Kick Intervals				
4:30pm	Cycle 📞 (45 min)	Pilates Cycle & Sculpt 📞	Beginner Cycle (45 min) 📞	Pilates Cycle 📞 (45 min)	Cardio Strength Blast		
5:00pm	Ab-Solution & Bottom Line		Step 2/3 TRX 📞 (45 min)	<b>4:30:</b> TRX 📞 (begins Feb 9)			
5:30pm	Cycle (45 min) 📞 TRX 📞 (45 min)	Step 1/2	Cycle (45 min) 📞	Bellyfit Cycle & Sculpt 📞	Yoga		
6:00pm	Bellyfit Groove	Cycle (45 min) 📞	Sculpt & Core				
6:30pm		Zumba		<b>BEGINNER SERIES</b>			
7:00pm	Yoga		Beginner Zumba				
7:30pm		Beginner Pilates					



**TWP Fitness Centre**

123.1889 Springfield Rd  
Kelowna B.C. V1Y 5V5  
250.762.7255  
www.twpfitness.com

All classes 1 hour in length ... unless otherwise noted. The schedule may be revised without notice ... changes will be posted in the Club

## Cardio

**Step ...** Step classes offer tremendous diversity in terms of choreography and athleticism, low and high impact movements, intensity and skill levels. Classes build on a level of 1-3 from basic to advanced in intensity and skill level.

**Step 'n' Sculpt ...** A combination of cardio drills on the step with simple, but challenging strength training exercises.

**Cycle ...** join our cycle team for an invigorating 45 minute all terrain ride. Each ride includes cardio drills, hills, flats, and lots more! The motivating group interaction guarantees a fun and exhilarating ride.

**Spinnervals/Cycle & Sculpt ...** a combination of cycle with simple, but challenging strength training exercises.

**Zumba ...** The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® helps you to achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life.

## Mind & Body

**Beginner Yoga ...** available to all yoga students regardless of age, experience of ability. It is a slower-paced class filled with gentle stretching and strengthening poses and basic Sun Salutations. You can expect to learn fundamental standing and seated postures that work on increasing strength and flexibility. Exploration of basic breathing and meditation/relaxation techniques will be included.

**Power Yoga ...** all of the benefits of our regular Yoga classes combined with cardio conditioning from continual movement, and whole body strengthening and toning. Excellent core training and advanced poses.

**Yoga Sculpt ...** A combination of Yoga poses with meditative presence and innovative resistance exercises utilizing a combination of weights, stability balls and bands to create an effective and total body workout. Every class is different!

**Yoga Stretch ...** This yoga class is designed to help you relax and stretch your body. You will gently develop strength, flexibility and balance. Reap all the benefits yoga has to offer in this 60 minute class.

**Pilates ...** Pilates emphasizes the concepts of core strength and stabilization. It can also help to build flexibility, strength, endurance and coordination in the legs, arms and back

**Pilates 50/50 ...** Pilates 50/50 consists of 50% standing work, which integrates Pilates principles into lower-body work, and 50% Pilates mat work to strengthen the core with complimentary exercises.

**Bellyfit ...** Bellyfit is the first standardized Belly Dance Fitness System in the world. With hip shakin' Belly Dance cardio, Pilates inspired core work and a fabulous Yoga based stretch and meditation, you'll leave feeling balance, inspired and truly alive.

**Bellyfit Groove ...** a perfect blend of Bellyfit and the Groove Method! – a dance fitness class with easy choreography from a variety of cultural dance styles (hip hop, latin, disco etc) so you can shake your stuff!

## Strength

**Sculpt ...** Muscular conditioning, no cardio. Flexible strength is the focus of this class utilizing the stability ball, tubing and hand weights. Gain an awareness of proper alignment and exercise technique while improving core strength, posture and balance. All this and it's fun too!

**Ab-Solution & Bottom Line ...** a sixty minute invigorating workout with the first half of class dedicated to abdominals, low back and core stabilizers. The second half focuses on toning exercises for gluts, inner thighs and outer hips.

## Features

**50 Plus ...** our innovative 50 Plus program targets the needs of mature adults. Programming includes group fitness classes, wellness related educational features and social events.

**Functional Fitness and Yoga ...** A gentle approach to 50+ fitness promoting aerobic conditioning, balance training and functional strength relevant to active living.

**TRX\* ...** A new category of exercise for all fitness levels that leverages one's own bodyweight and gravity using the TRX to develop strength, balance, flexibility and core stability simultaneously. \*Must have taken intro to TRX prior to participating in this class. Phone in to register. Ask in the club about our 'Intro to TRX' programs!

**Beginner Series...** A series of group fitness classes covering the basics of Sculpt, Bootcamp, Step, and Cycle. This is for members who are new or want to learn the basics slowly progressing each week to give the confidence to join other group fitness classes in the future. Each series lasts 3 weeks and is \$10 (plus HST) per series to register. Dates will be posted in the gym.

## Maximum Class Participants

Step Classes – 34 Participants  
Strength Based Classes – 25 Participants  
Cycle Classes – 16 Participants  
TRX – 8 Participants

## CLUB HOURS

Monday – Thursday:  
6:00am-9:00pm  
Friday: 6:00am-8:00pm  
Saturday: 7:00am-5:00pm  
Sunday 8:00am-4:00pm

[www.twpfitness.com](http://www.twpfitness.com)

## Holiday Hours

As posted

## Combination/Sport Conditioning

Athletic based programs are one of the strongest trends in group fitness. From general conditioning to sport specific training... we've got it!

**Total Body Conditioning (TBC)/ Bootcamp ...** a challenging muscular strength and endurance workout for the entire body using hand weights, tubes, and easy to follow cardio drills. A great combination of strength and cardio, and no tricky choreography to worry about!

**Cardio Strength Blast ...** similar to TBC or Bootcamp but incorporating more challenging body weight and plyometric exercise.

**20/20/20...** 20 minutes intense cardio followed by 20 minutes upper and lower body strength training finished with 20 minutes focused on core and stretching.

**Cardio Kick Intervals ...** jabs, crosses, hooks, kicks, skipping and more! Emphasis is on athletic/boxing based movement, and minimal choreography.

## Phone-In Reservation Procedure

Designed to ensure your spot in our high demand classes, making it easy for you to maximize your time at TWP.

- Reservations for classes beginning at or after 9:00 am, Monday to Friday begin at 7am the day of the class
- Reservations for 6:15am, 6:30am and 7:30am classes begin 12:00 noon on the preceding day
- Reservations for Saturday classes begin at 12 noon on the preceding Friday
- Reservations for Sunday classes begin at 12 noon on the preceding Saturday.
- Booking for only one person is accepted with each phone call or by each person
- There is a grace period of **5 minutes** once the class has begun
- Names are taken in order of calls until the class is full and then a wait list is established
- Please check-in at the front desk before class
- If you are unable to attend a class for which you have registered please call in advance to assist those on the wait list

Don't forget to book your complimentary **nutrition consultation** with our Holistic Nutritional Consultant, Angela Wright. Angela is at TWP on Thurs. evenings (4pm-6pm) and Fri. mornings (9am-11am). Contact us for more information

Are you interested in **Personal Training** but not sure what it can do for you? Book a complimentary consultation with one of our trainers to learn more!  
Book at the front desk or call us at 250.762.7255