



**Monday to Thursday:** 6:00 am to 9:00 pm  
**Friday:** 6:00 am to 8:00 pm  
**Saturday:** 9:00 am to 5:00 pm

**Sunday:** 12:00 pm to 5:00 pm  
**Holidays:** 10:00 am to 4:00 pm

**Taking our community to a higher level of fitness, health and well being.**

722 - 14th Street Invermere **(250) 342-2131**

**A non-profit society serving the valley since 1987** [shapeupinvermere.com](http://shapeupinvermere.com)

### CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 am	F.H.I.I.T	Yoga	20/20/20	Indoor Cycling	Ultimate Body Chisel	
8:00 am		8:15 - 9:15 Indoor Cycling			Yoga	
9:30 am	Warrior Workout	Body Blast	F.H.I.I.T	Fusion	Body Blast	The Works!
10:45 am	Strength & Stretch		Stretch & Relax		Strength & Stretch	
5:30 pm	Cardio Power	Tight End Zone	H.E.A.T.	Kickass Core	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>Membership Value!</b></p> <p>6 month and 1 year memberships can be put on hold while you are away.</p> <p><b>Ask us for details!</b></p> </div>	
6:30 pm						
6:45 pm	Indoor Cycling	Yoga	Indoor Cycling	Yoga		

**Your Membership Includes:** weight room and cardio equipment, fitness classes, showers and lockers.

### MEMBERSHIP RATES

Drop-in Shower: \$3.00 · Towel Service \$1.00

TYPE		Drop-in	1 Month	3 Month	6 Month	1 Year	Punch Card
<b>ADULT</b>	TOTAL FEE*	10.00	60.00	168.00	296.00	525.00	90.00
	MONTHLY		<b>60.00</b>	<b>56.00</b>	<b>49.33</b>	<b>43.75</b>	
<b>STUDENTS/ SENIORS 55+</b>	TOTAL FEE*	9.00	49.00	137.00	263.00	476.00	80.00
	MONTHLY		<b>49.00</b>	<b>45.67</b>	<b>43.83</b>	<b>39.67</b>	

\* HST is included in above prices

**Visit us on-line at [shapeupinvermere.com](http://shapeupinvermere.com)!**

# Fitness Class Descriptions:

## **F.H.I.I.T (Fit)**

Fitness Through High Intensity Interval Training. This is an interval class, alternating, cardio and strength, primarily using body weight and adding various tools for whole body sculpting.

## **Warrior Workout**

Become a fitness warrior in a class filled with cardio intervals and creative moves that will tone muscle, strengthen joints and burn fat. Discover and develop the warrior within.

## **Strength & Stretch**

This is a gently paced class geared for mature adults, beginners, and individuals with joint inflexibility or those recovering from injuries. The class begins with a simple warm-up followed by strengthening exercises using hand weights and resistance bands and finishing with light stretches. Excellent for delaying the onset of osteoporosis.

## **Stretch & Relax**

This is a low intensity full body stretch class, to improve flexibility, postural alignment and reduce stress. It is suitable for people with injuries or those recovering from illness. The class is self paced, so it is suitable for everyone. It will make you feel taller and relaxed.

## **Cardio Power**

A high intensity class utilizing medium and high impact to high energy moves. Often includes activities like skipping rope, short and long intense intervals, and plyometrics.

## **Body Blast**

A medium intensity class, using a variety of tools to build strength and endurance. Each week will be a different set of exercises, giving the body an opportunity to challenge the many body parts.

## **Tight End Zone**

A sports inspired workout designed to suit any fitness level. This class uses a variety of tools to focus on speed, power, agility, balance, and flexibility! Crank up your workout with intervals of invigorating cardio and intense body sculpting moves.

## **20/20/20**

This class combines 20 minutes of cardio, 20 minutes of strength and 20 minutes of flexibility to leave you feeling balanced. A variety of equipment will be used.

## **H.E.A.T**

High Energy Athletic Training. This is a high intensity, high energy class that may include circuit, interval and endurance with high repetition training. Bring on the heat!

## **Indoor Cycling**

Indoor cycling at its best! Our cycling class simulates outdoor rides including intervals, climbs, and speed work to music! A great motivating class for the beginner as well as the advanced cyclist. Bring water and a towel.

**Class reservations are required. Call to reserve your bike up to 24 hrs in advance. Be on time, at start of class - bikes will be given away if you are not there!**

There is always a chance a cycle is available but you take that chance if you just "drop in".

If you cannot make a class for which you have reserved a cycle, please contact us via phone or email as soon as possible.

## **Yoga**

Yoga develops strength, flexibility and endurance and can be learned at any age! Classes are geared for beginners, with the challenge for long-time students being longer holds and deeper work in the poses. Everyone is welcome regardless of experience with yoga. See yoga handout for more information.

## **Fusion**

This class a safe, and challenging full body workout. The class fuses a flow yoga, focusing on balance, strength, and flexibility, with a pilates mat workout - targeting core strength. Combining breath and movement, this class enhances self-awareness and improves postural alignment. You will leave this class feeling energized and relaxed. Open to all levels.

## **Kickass Core**

If you want to strengthen your core and burn FAT, this is a great class for you. It will alternate between cardio segments and challenging core movements. Plan to sweat hard and really learn to active the core in ALL of the exercises. An excellent class for those wishing to supplement their other physical activities.

## **Ultimate Body Chisel**

Just when you think the reps are over, expect 8 more for a chiseled body! It's mind over matter folks!

## **The Works!**

Steppers Unite! This is a Classic Step Combination Class that offers challenging Step Choreography in combination with Whole Body Sculpting. Bring your Brain Power and LOVE for Rhythm, Music, and Timing to the Beat! Music types include Latin, Disco, African Drums, Modern/Contemporary.

**Classes are suitable for all levels of fitness as exercises can be modified to suit and you can go at your own pace. Please let the instructor know if you are new to fitness! Enjoy your workout!**