



**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:** 9:00 am 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                     | Indoor Cycling                | Yoga                          | Indoor Cycling                | Indoor Cycling  |             |
| 8:00 am  | 7:15 - 8:15<br>Indoor Cycling | 8:15 - 9:15<br>Indoor Cycling | 7:15 - 8:15<br>Indoor Cycling | 8:15 - 9:15<br>Indoor Cycling | Yoga  |             |
| 9:30 am  | 20/20/20                      | Body Blast                    | Power Step                    | Fusion                        | Body Blast  | Class Combo |
| 10:45 am | Strength & Stretch            | Happy Medium                  | Strength & Relax              | Happy Medium                  | Strength & Stretch  |             |
| 5:30 pm  | Indoor Cycling                | H.E.A.T                       | Indoor Cycling                | Kickass Core                  | <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>Membership Value!</b><br/>           6 month and 1 year memberships can be put on hold while you are away.<br/> <b>Ask us for details!</b></p> </div> |             |
| 6:45 pm  |                               | Yoga                          |                               | 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/<br/>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.

## **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.

## **Strength & 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.

## **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.

## **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!

## **Yoga Strength**

Yoga Strength combines the best of yoga, strength and endurance training to create a strong and dynamic fitness class. A marriage of vinyasa flow yoga and strength training; YogaStrength will enhance strength, endurance, flexibility and cardiovascular fitness. Suitable for all levels.

## **Happy Medium**

Perfect for those new to fitness or anyone wishing to get back to the basics with a total body workout including simply-choreographed step (beginners welcome and encouraged!) and moderately intense strength training using a variety of tools.

## **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.

## **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.

## **Power Step**

This class combines a fun step cardio routine with strength training for a full body workout!

## **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.

## **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.

## **Class Combo**

Join us for a variety of classes and guest instructors. Each week is a different set of exercises to keep it fresh! Everyone is welcome!

**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!**