



Monday & Wednesday: 6:30 am to 9:00 pm  
 Tuesday & Thursday: 7:30 am to 9:00 pm  
 Friday: 6:30 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	Step Combo		Step Combo		Step Combo	
8:00 am					Yoga	
9:30 am	Bosu Body Conditioning	Body Pump	Step	Yoga	Step	Step
10:45 am	Stretch & Strength		Stretch & Relax		Stretch & Strength	
5:30 pm	Step	Athletic Training		Athletic Training		
6:30 pm						
6:45 pm		Yoga		Yoga		

### Membership Value!

6 month and 1 year memberships can be put on hold while you are away.

Ask us for details!

**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	2 Weeks
<b>ADULT</b>	TOTAL FEE*	8.00	55.00	153.00	270.00	479.00	70.00	30.50
	MONTHLY		<b>55.00</b>	<b>51.00</b>	<b>45.00</b>	<b>40.00</b>		
<b>STUDENTS/ SENIORS 55+</b>	TOTAL FEE*	7.00	45.00	125.00	240.00	435.00	60.00	24.00
	MONTHLY		<b>45.00</b>	<b>42.00</b>	<b>40.00</b>	<b>36.25</b>		

\* GST is included in above prices

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

# Fitness Class Descriptions:

## Athletic Training

This class is geared to intermediate to advanced participants. The fundamentals of this workout are based on improving cardio, balance, strength and endurance. **Come out and enjoy a challenging class and improve your athleticism!**

## Bosu Body Conditioning

This class incorporates a series of strength conditioning exercises, with an emphasis on increasing your strength, power and speed. **Beginner to advanced level participants can enjoy this energetic and fun class on the BOSU.**

## Stretch and Strength

This is a gently paced class **geared for mature adults, beginners, and individuals with joint inflexibility or those recovering from injuries.** Stretching and strengthening exercises using hand weights, resistance bands and stability balls follow the simple warm-up. Excellent for delaying the onset of osteoporosis.

## Stretch and Relax

This class is designed to improve flexibility, postural alignment and reduce stress. The focus is on slow stretching combined with proper breathing technique. **Perfect for all levels of fitness.**

## Step

Lots of choreography, lots of cardio, lots of FUN! **These classes are for experienced steppers and those with a high level of fitness.** The warm-ups are followed by step sequences designed to challenge your brain as well as your agility and cardiovascular fitness. The cardio portion of class is followed by strength exercises and a stretch.

## Body Pump

**After a thorough warm up, the class is lead through a series of basic strength exercises using weights and resistance bands. Emphasis is on correct technique, proper breathing and body alignment.** Excellent for all levels of fitness as exercises can be modified to suit. **Who thought weight training could be so fun and motivating!!**

## Yoga

These classes are influenced by the **Iyengar** and **Vinyasa** style of **Hatha Yoga**. Yoga develops strength, flexibility and endurance and can be learned at any age! **Classes are geared to beginners**, with the challenge for long-time students being longer holds and deeper work in the poses. **All members welcome regardless of experience with yoga.**