



Spin & TRX

Great Start Spin

14 years and up
 fire up your day with an energetic 45 minute spin class. As the sun rises, so will your heart rate. Work with resistance and speed to get your heart pounding and muscles burning.

Instructor: Leanne Gray
 Tuesdays & Thursdays
 Jan 3 - Feb 9 or
 Feb 14 - Mar 23
 6:15 - 7:00 am, a nnex
 \$84 + gst

Spin It!

14 years and up
 This is an ever changing, fast paced, challenging class! No matter if you're a beginner or an advanced spinner, you'll love it!

Instructor: Paul Healey
 Mondays & Wednesdays
 Jan 4 - Feb 8 or
 Feb 15 - Mar 22
 5:30 - 6:30 pm, a nnex
 \$77 + gst

F'AB Ride

14 years and up
 Ride your way to fabulous abs. This 40 minute ride class is followed by 15 minutes of intensive abdominal work and a 5 minute stretch.

Guaranteed to get you in gear. All fitness levels welcome.
 Instructors: Jennifer Barth & Leanne Gray

Tuesdays & Thursdays
 Jan 3 - Feb 9 or
 Feb 14 - Mar 23
 5:30 - 6:30 pm, a nnex
 \$84 + gst

Instructor: Glenn Hascarl
 Mondays, Wednesdays & Fridays

Jan 4 - Feb 10 or
 Feb 15 - Mar 24
 9:00 - 10:00 am, a nnex
 \$119 + gst



Instructor: Jennifer Barth
 Saturdays
 Jan 7 - Feb 11 or
 Feb 18 - Mar 25
 9:30 - 10:30 am, a nnex
 \$42 + gst

Mom and Babe Spin **NEW!**

16 years and up
 Get back into fitness and bring your babe to Spin! This baby friendly class allows you to sweat and spin through a 45min workout followed by 15min of stretching, all while being able to attend to your baby's needs. You will meet other new moms in the community, while getting your strength and endurance back. Moms must be 6 weeks post-partum and have seen their doctor/midwife. Pre-mobile babies in a car seat only please. Moms with kids in school welcome too!

Instructor: Dana Dixon
 Mondays
 12:00 - 1:00 pm, a nnex
 Jan 9 - Feb 6
 \$35 + gst
 Feb 20 - Mar 13
 \$28 + gst

TRX Suspension Training

14 years and up
 The TRX suspension training phenomenon is a new category of exercise for athletes and beginners of all abilities that leverages your bodyweight and gravity to develop strength, balance, flexibility and joint stability simultaneously. Improve your fitness and strength - no one will be left behind!

Instructor: Glenn Hascarl
 Mondays & Wednesdays
 Jan 4 - Feb 8 or
 Feb 15 - Mar 22
 6:45 - 7:45 pm, a nnex
 \$77 + gst

Spin + TRX Combo

14 years and up
 The best of both worlds! This combo is 25 minutes of high intensity spin and 25 minutes of complete toning and strength work using our TRX cables followed by 10 minutes of stretching.

Instructor: Glenn Hascarl
 Tuesdays & Thursdays

Jan 3 - Feb 9 or
 Feb 14 - Mar 23
 9:00 - 10:00 am, a nnex or
 6:45 - 7:45 pm, a nnex or
 7:50 - 8:50 pm, a nnex
 \$84 + gst



Spin & Core **NEW!**

14 years and up
 Power your way through a 40min spin class and finish with an intense 15min core workout! Come join us after school is finished and get your workout out of the way!

Instructor: Laurel Dickson
 Tuesdays & Thursdays
 Jan 3 - Feb 9 or
 Feb 14 - Mar 23
 4:15 - 5:15 pm, a nnex
 \$84 + gst



Childminding or
 Preschool programs available
 during these classes.
 See page 92 - 93.

Zumba & Drumming

Zumba

14 years and up
Zumba is fitness infused with Latin rhythms, international dance, and popular music designed for all ages. The music will inspire and spice up your fitness routine allowing you to sweat and tone your way to a healthier mind and body. They don't call Zumba 'exercise in disguise' for nothin'!

Instructor: Milena Spratt
Thursdays
Jan 5 - Mar 23
5:30 - 6:30 pm, MP Hall

Instructor: Gloria Grieve
Tuesdays
Jan 10 - Mar 21
10:15 - 11:15 am, MP Hall or
5:30 - 6:30 pm, MP Hall
Saturdays
Jan 14 - Mar 25
9:30 - 10:30 am, MP Hall

All Zumba programs are drop-in programs.

\$6.50/Drop-in or
10 visit card available,
note price varies by age.

Zumba Toning

14 years and up
This calorie-torching, strength-training dance fitness-party uses Macarena-like toning sticks to sculpt arms, abs, glutes and thighs. This workout is perfect for rhythm makers and enthusiasts to sculpt their bodies naturally while having a total blast.

Instructor: Gloria Grieve
Fridays
Jan 13 - Mar 24
9:00 - 10:00 am, MP Hall



Zumba Gold

55 years and up
Designed for older, active participants with easy-to-follow Zumba choreography that focuses on range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. It's a zesty mix of all the elements of fitness: cardio, conditioning, flexibility and balance!
No class Feb 13.

Instructor: Milena Spratt
Mondays
Jan 9 - Mar 20
8:45 - 9:45 am, MP Hall

Instructor: Gloria Grieve
Wednesdays
Jan 11 - Mar 22
9:00 - 10:00 am, MP Hall

Zumba Core & Stretch

14 years and up
Zumba Core and Stretch is designed to help improve core strength and overall flexibility necessary for good balance, posture and stability. A Zumba warm-up is followed with core work and then 30 min of head to toe full body stretch to beautiful music. Please bring your own yoga mat and towel.

Instructor: Gloria Grieve
Thursdays
Jan 12 - Mar 23
9:00 - 10:00 am, MP Hall



Drums Alive

14 years and up
Ease stress while exercising your mind and body. Drumming on large exercise balls while moving and dancing to great music will have your heart pumping and your spirit soaring! Please bring a ball if you're dropping in. No class Feb 13.

Instructor: Gloria Grieve
Mondays
Jan 9 - Mar 20
10:00 - 11:00 am, Gym a

Instructor: Monica Hofer
Thursdays
Jan 5 - Feb 9
Feb 16 - Mar 16
7:00 - 8:00 pm, MP Hall
\$35 + gst



Childminding or Preschool programs available during these classes.
See page 92 - 93.





Senior Circuit Training 50+

50 years and up

Protect your bone density, improve your balance and increase your flexibility in this strength training program to prevent and even reverse some of the signs of aging. a doctor's written approval may be required.

Instructor: Glenn Hascarl

tuesdays & t hursdays

Jan 3 - feb 9 or

feb 14 - Mar 23

10:30 - 11:30 am,

fitness Studio

\$84 + gst

Older Adult Fitness

PWR!Moves

Parkinson's Wellness and Balance Recovery

50 years and up

for those living with Parkinson's Disease or have balance or mobility challenges, PWR!Moves will help you recover loss of function and strength. PWR!Moves are research-based exercises designed to use large amplitude movements with a concentrated effort, to complete muscle activation for daily activities. You must be independently mobile and have a physician's signed approval note upon registration. no class feb 13.

Instructor: Jill nelson

Mondays & Wednesdays

feb 15 - Mar 29

2:00 - 3:00 pm, MP Hall

\$104 + gst

Take Heart and Breathe Well Exercise Program

all ages

Eleven week exercise and education program for clients with chronic conditions led by qualified instructors. Improve muscular strength, endurance, balance, flexibility through functional training to improve quality of life. Sponsored by the Comox Valley Health Care foundation. Call 250-339-2255 or email cvcwpw@gmail.com for more information. Physician referral is required and can be picked up at the front desk or online at www.comox.ca.

Instructor: Susan Simo & Jill nelson

tuesdays & t hursdays

Jan 3 - Mar 16

11:30 am - 1:30 pm or

12:30 - 2:30 pm, MP Hall

\$380 + gst

Subsidy available for low

income.

Post Stroke Rehabilitation FAME class

Join a community-based fitness and Mobility Exercise (f a ME) program developed for people who have experienced a stroke and have some standing and walking ability.

Lead by a qualified instructor, participate in exercise that will improve mobility, cardiovascular fitness, arm and hand function.

Register in the class best suited to your abilities and goals. a physiotherapy assessment is required.

Instructor: Jill nelson

Level 1

Participants with limited mobility and caregiver must attend

Mondays

feb 20 - March 27

12:30 - 1:30pm, MP Hall

\$74 + gst

Level 2

Participants who are independently mobile without a walking aid

Wednesdays

feb 15 - March 29

12:30 - 1:30pm, MP Hall

\$84 + gst

Take Heart & Breathe Well Exercise Program Maintenance

for clients who have graduated from the take Heart & Breathe Well Cardio Pulmonary Wellness, meet with a fitness leader or exercise physiologist once per week in a group setting.

Instructor: Susan Simo & Jill nelson

tuesdays

Jan 3 - Mar 14

2:45 - 3:45 pm, fitness Studio

\$129 + gst

or 4 week option

tuesdays

2:45 - 3:45 pm, fitness Studio

Jan 3 - Jan 24 or

Jan 31 - feb 21

\$49 + gst

feb 28 - Mar 14

\$37 + gst



Fitness Programs

Beneficial Blast - C

55 years and up

Who would like to join Steve Thomson and Joyce Leong who have a combined 25 plus years experience training mature adults in a new fitness class? This one hour class will use a variety of different equipment and styles to enhance your agility, strength, balance, core and be very beneficial to all the activities that life sends your way. Don't miss out on this opportunity to join the best fitness class for mature adults in the valley. Results are guaranteed! Masterful cueing and appropriate regressions and progressions will be given for any issues that need to be addressed. Doctor's note may be required.

Instructor: Steve Thomson

fridays

Jan 6 - Mar 17

10:30 - 11:30 am, Gym B

\$93.50 + gst

Healing Through Movement

NEW!

18 years and up

Learn to love moving again.

Stabilize your hips, strengthen your core and gain mobility in your spine, shoulders and neck. Geared towards participants with loss of mobility and strength (including nerve damage, muscle loss, or degenerative disease), we will aim to have you moving and feeling strong once again. a one-on-one, 30 min consultation with the instructor is included in the fee and is mandatory before starting the class.

Instructor: Adam Morden

Wednesdays

Jan 11 - Mar 15

11:00 am - 12:00 pm, Annex

\$99 + gst

includes assessment

Determination

Boot Camp - C

16 years and up

RIP it up! Train like an athlete! Be ready for a challenge in this intense yet fun filled indoor/outdoor exercise program. Bring your fitness to a new level. Resistance training, cardiovascular conditioning, body weight exercises, plyometrics, partner drills, core strength, and much more will be addressed in this well developed boot camp. No class Jan 27.

Instructor: Steve Thomson

Mondays, Wednesdays & Fridays

5:15 - 6:30 pm, Gym B

Jan 4 - Feb 10

2x per week \$180 + gst

3x per week \$240 + gst

Feb 15 - Mar 17

2x per week \$150 + gst

3x per week \$210 + gst

Determination

Stability and Mobility - C

16 years and up

Come and join Steve Thomson... for a class dedicated to enhancing your Stability and Mobility. To accomplish this, we must work the core muscles that support the trunk. Also, we must create stability and mobility in the major joints of the body. This one hour intermediate level class will place emphasis on static and dynamic core work with mobility and stretching exercises intermixed with some cardio. It'll leave you feeling tight in all the right places and create better movement patterns for a body that moves more freely.

Instructor: Steve Thomson

Tuesdays

Jan 10 - Mar 14

6:00 - 7:00 pm, Gym B

\$110 + gst

Determination

Early Riser Boot Camp - C

16 years and up

Instructor: Steve Thomson

Tuesdays & Thursdays

6:15 - 7:15 am, Gym B

Jan 5 - Feb 9

\$154 + gst

Feb 14 - Mar 16

\$140 + gst

Determination

Abs & Stretch - C

16 years and up

A perfect combination of abdominal exercises and lower extremity stretches. This 60 minute class is designed to promote strength and stability in the musculature that supports the spine. Tighten the tummy, increase flexibility and possibly help out that low back issue you may have. If you don't get enough abdominal work and lower body stretching done in your current workout routine give this challenging yet popular class a try there will be progressions and regressions dependant on ability level. Register early as there are only 20 spots available. Sorry no drop-ins.

Instructor: Steve Thomson

Tuesdays

Jan 10 - Mar 14

9:00 - 10:00 am, MP #2

\$110 + gst



COMOX FITNESS



Fitness Programs

Box Fit

14 years and up
 Ready for a challenge of a different and exciting workout?
 Get up early and come workout in a kickboxing circuit style class involving punches, target practice, heavy bag use and other exercises to get you fit and having fun!
 Instructor: Laurel Dickson

Mondays & Wednesdays
 Jan 4 - Feb 8 or
 Feb 15 - Mar 22
 6:15 - 7:00 am, MP Hall
 \$77 + gst

NEW!

Kettle Bell

16 years and up
 try something different! a fun, skilled based workout that will provide whole body strength and cardiovascular conditioning in one workout! these workouts will help you build a strong, dynamic core and get you fitter than you ever imagined. new time!
 Instructor: adam Morden

Wednesdays
 Jan 11 - Feb 8 or
 Feb 15 - Mar 15
 6:45 - 7:45 pm, Room a
 \$42 + gst

Cardio Core Conditioning Fit For Life - C

14 years and up
 take charge of your health with this interval exercise program taught to music. a unique combination of step fitness cardio and resistance equipment change weekly to ensure maximum effectiveness. Practical nutritional strategies give you that extra edge to meet your fitness and weight management goals.
 this instructor led non-intimidating group fitness environment rapidly develops cardio, strength and flexibility. no class Feb 13.

Instructor: Destinee Barrow
 Mondays & Wednesdays
 Jan 9 - Mar 15
 5:15 - 6:15 pm, Gym a
 tuesdays & thursdays
 Jan 10 - Mar 16
 9:00 - 10:00 am, Gym a
 2x per week \$144 + gst
 1x per week \$90 + gst



"I haven't found a better class..."
 Susan W.

"Maximum results in limited time..."
 Danielle E.

"I'm stronger, healthier than ever..."
 natalie J.

Strength & More

14 years and up
 this challenging program is designed for all around fitness: strength, core, cardio, flexibility, agility, balance, coordination and recognition of the mind body connection. utilize a variety of freestanding equipment customized to your ability level. Improve your mobility and endurance for healthy, independent, fully-functioning longevity.

Instructor: Joyce Leong
 tuesdays & thursdays
 10:00 - 11:00 am, Gym B
 Jan 3 - Feb 9
 \$59 + gst or 10 visit card
 Feb 14 - Mar 23
 \$71 + gst or 10 visit card

HIIT Training - C

16 years and up
 In this unique EXPRESS class, personal trainer Alicia Fennell will guide you through a series of high intensity intervals with body weight alone. Short and long bursts of plyometrics and calisthenics target all your body parts and give you the most effective cardio workout in the shortest amount of time. no class Feb 13.

Instructor: Alicia Fennell
 Mondays, Wednesdays & Fridays
 Jan 11 - Mar 17
 9:00 - 9:30 am, Gym a
 3x per week \$185 + gst/
 28 sessions
 2x per week \$155 + gst/
 20 sessions
 1x per week \$90 + gst/
 10 sessions



Forever Fit

16 years and up
 this well rounded workout focuses on balance and functional training along with cardio and strength work. using bands and handweights, the class takes into consideration body conditioning exercises as well as challenging exercises for the more fit. this class is a great moderate workout for the beginner, challenging for the fit senior and a great option for someone looking to stay fit and be active! no class Feb 13.

Instructors: Ruth Bell & Janice Bradford
 Mondays, Wednesdays & Fridays
 Jan 4 - Mar 24
 10:15 - 11:15 am, MP Hall
 Drop-in \$6.50 or
 10 visit card



Childminding or Preschool programs available during these classes.
 See page 92 - 93.

Mommy Moves

16 years and up

Get back into fitness in this baby friendly class. Build your strength, increase your endurance and meet new moms in the community during this fun, upbeat bootcamp style class. Moms must be 6 weeks post-partum and have seen their doctor/midwife. Moms with kids in school welcome too!

Instructor: Dana Dixon

Tuesdays & Thursdays
10:30 - 11:15 am, Gym A
Jan 5 - Feb 9
\$79 + gst

Feb 14 - Mar 16
\$72 + gst

Foam Roller Stability and Massage

14 years and up

Blend strength, stretching, relaxation and massage techniques to roll the stress away. Improve your posture, core stability, strength, mobility and revitalize your balance and flexibility. Massage and soothe tired muscles, release tension throughout your body and leave feeling refreshed and relaxed! No class Feb 15.

Instructor: Gwen Frankowski

Wednesdays
Jan 4 - Mar 15
10:30 - 11:30 am, Room B
\$74 + gst

Yoga

Gwen's Hatha Yoga

16 years and up

Blend breath, alignment and awareness with poses that stretch and strengthen the body. Increase physical strength and improve body alignment, focus, balance and flexibility. Leave feeling refreshed & relaxed. No class Feb 17. Drop-in \$9.

Instructor: Gwen Frankowski

Fridays
Jan 6 - Mar 10
12:00 - 1:00 pm, Room B
\$74 + gst

NEW!

Gwen's Flow Yoga

16 years and up

Welcoming all levels, Flow Yoga will increase physical strength, balance and flexibility. Regular practice will see improvements in balance, focus, flexibility, body alignment, and overall strength. Leave feeling refreshed, revitalized and relaxed. No class Feb 15. Drop-in \$9.

Instructor: Gwen Frankowski

Wednesdays

Jan 4 - Mar 15
9:15 - 10:15 am, Room B
\$74 + gst



Restorative Yoga

16 years and up

Restorative yoga is a very gentle practice involving the use of props to allow the body to feel totally supported. Relax and release with sustained, gentle postures. Suitable for everyone, especially those recovering from injury or illness and looking to regain strength. Drop-in \$13.50.

Instructor: aiko Shima

Thursdays
Jan 5 - Mar 16
5:30 - 7:00 pm, Room B
\$121 + gst

Birgit's Gentle Yoga & Meditation - C

16 years and up

This practice begins with a gentle approach to yoga poses and leaves more time for meditation practice and relaxation. Bring your favourite blanket and pillow to get comfy. Beginners are welcome!

Instructor: Birgit Nilson

Tuesdays
Jan 3 - Mar 7
7:15 - 8:30 pm, Room C
\$105 + gst

All contract Yoga drop-in \$13.50 if space allows.



Gwen's Yoga Core

16 years and up

This fun, upbeat ab and core workout with yoga, incorporating strength, balance and flexibility will have you smiling while doing your favourite yoga poses. Improve body awareness of muscle imbalance and areas of tightness, gain balance, strength, focus and overall awareness of body alignment. Suitable for all fitness levels! No class Feb 17 & 18. Drop-in \$9.

Instructor: Gwen Frankowski

Fridays
Jan 6 - Mar 17
1:15 - 2:15 pm, Room C
\$74 + gst

Saturdays
Jan 7 - Mar 18
10:45 - 11:45 am, MP Hall
\$74 + gst

Birgit's Seniors' Yoga - C

55 years and up

Traditional poses are modified to accommodate the older adult; relaxation and breathing exercises end each practice. Releasing stiff joints, improving mobility, stamina and flexibility are the benefits of this practice.

Instructor: Birgit Nilson

Wednesdays
Jan 4 - Mar 8
10:30 - 11:45 am, Room C
\$105 + gst

Fridays
Jan 6 - Mar 10
10:45 am - 12:00 pm, Room C
\$105 + gst



COMOX YOGA

Yoga

Birgit's Seniors' Yoga Gentle Beginnings - C

55 years and up
a great place to begin for seniors who are new to yoga and/or have physical limitations. This Yoga practice modifies additional poses with a focus on posture and balance using many props.

Instructor: Birgit Nilson

Tuesdays

Jan 3 - Mar 7

11:00 am - 12:15 pm, Room C

\$105 + gst

Birgit's Gentle Flow Yoga - C

16 years and up
a gentler approach to a style of Yoga that encourages a lot of movement. We will attempt to accommodate any physical limitations you may have. Beginners are welcome!

Instructor: Birgit Nilson

Tuesdays

Jan 3 - Mar 7

9:00 - 10:15 am, Room B

\$105 + gst

Thursdays

Jan 5 - Mar 9

10:45 am - 12:00 pm, Room C

\$105 + gst

Birgit's Hatha Yoga - C

16 years and up
an ancient practice that teaches traditional yoga poses with a specific focus on alignment. Beginners are welcome.

Instructor: Birgit Nilson

Tuesdays

Jan 3 - Mar 7

5:45 - 7:00 pm, Room C

\$105 + gst

Wednesdays

Jan 4 - Mar 8

9:00 - 10:15 am, Room C

\$105 + gst

Birgit's Hatha Flow Yoga - C

16 years and up
If you enjoy lots of movement at a faster pace, try Hatha Flow Yoga. Poses are put into sequence and we finish with relaxation and quiet time. Beginners are welcome!

Instructor: Birgit Nilson

Thursdays

Jan 5 - Mar 9

9:00 - 10:30 am, Room C

\$110 + gst

Tanya's Gentle Yoga - C

10 years and up
If you are new to yoga, or enjoy a gentler pace, this class is for you. Release stiff joints, improve circulation, increase strength, stamina, flexibility, release tension, relieve stress and learn simple ways to relax in everyday life. Vary your options to work at a pace that suits you while accommodating health concerns or physical limitations.

Instructor: Tanya Sedunow

Thursdays

Jan 5 - Mar 16

7:00 - 8:30 pm, Room C

\$121 + gst

Tanya's Hatha Yoga - C

10 years and up
This approachable Hatha class is for beginners and returning students. It is an active yoga class designed to increase strength and flexibility, while reducing everyday stress and tension from the body and mind. Various options will be given so that you can work at a level that suits you, however the pace may not be appropriate for people seeking a gentle yoga practice.

Instructor: Tanya Sedunow

Thursdays

Jan 5 - Mar 16

5:15 - 6:45 pm, Room C

\$121 + gst

Iyengar Yoga Level 1 - C

16 years and up
Iyengar Yoga practices precision and alignment to help with mobility, equanimity and vitality. Jane combines her internationally recognized certification with great understanding of the body after 30 years as an R.M.T. Classes are created to be both challenging and fun. Participants must be able to get up from the floor by themselves. no class Feb 13.

Instructor: Jane Stedman

Mondays

Jan 9 - Mar 13

4:30 - 6:00 pm, Room C

\$103.50 + gst

Tuesdays

Jan 10 - Mar 14

9:00 - 10:30 am, Room C

\$115 + gst

Fridays

Jan 13 - Mar 17

9:00 - 10:30 am, Room C

\$115 + gst

**All contract Yoga drop-in \$13.50
if space allows.**

Iyengar Yoga Level 2 - C

16 years and up
Students must have completed a min. of two Level 1 sessions or have understanding of Iyengar Yoga. Level 2 emphasizes planned sequencing, timing, use of props and added fun challenges. Jane's Iyengar certification is recognized nationally and internationally. no class Feb 13.

Instructor: Jane Stedman

Mondays

Jan 9 - Mar 13

9:00 - 10:30 am, Room C

\$103.50 + gst

Wednesdays

Jan 11 - Mar 15

7:00 - 8:30 pm, Room C

\$115 + gst



**Childminding or Preschool programs
available during these classes.**

See page 92 - 93.

