



REGULAR CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM 45 MINS	BOOTCAMP		MUSCLE MADNESS		BOOTCAMP		
8:00 AM 45 MINS						HIIT	
8:30 AM 1 HOUR							*SPIN Starts March 19 8:30 am
9:00 AM 1 HOUR	CARDIO & STRENGTH FOR 55 PLUS		CARDIO & STRENGTH FOR 55 PLUS		MUSCLE MADNESS		
10:15 AM 1 HOUR		YOGA		YOGA			
10:30 AM 45 MINS	SENIOR'S TONING		SENIOR'S CARDIO		SENIOR'S TONING		
12:40 PM 40 MINS		EXPRESS BOOTCAMP		EXPRESS BOOTCAMP			
5:00 PM 45 MINS	HIIT	MUSCLE MADNESS	HIIT				
6:00 PM 1 HOUR		*SPIN Starts March 21 6 pm	*SPIN Starts March 29 6 pm				

*Spin runs every 5 weeks in Spring, Fall & Winter: \$36.50 for members and \$55 for non-members for 5 weeks once per week.

Procedures for Fitness Classes

Class sign in will be in the studio for all classes to reduce numbers at the front desk. If you are paying a drop in please pay before the class.

Yoga will be in the conference centre. There will be a sign at the bottom of the stairs indicating what room yoga will be held in. We recommend that you bring your own mat to yoga. Please exit the conference centre doors to the left.

There will be several cleaning bottles and towels in the studio. Please clean your equipment before and after use.

Please use the hand sanitizer before and after class.



JOIN US ON FACEBOOK



FOLLOW US ON INSTAGRAM

Tel: (613) 735-0474 • Fax: (613) 735-0078

E: Tammy@PembrokeFitnessCentre.com W: PembrokeFitnessCentre.com



**We are located inside the Pembroke Inn & Conference Centre
1 International Drive, Pembroke, ON K8A 6W5**



CLASS DESCRIPTIONS

Boot Camp is a high intensity workout known to burn your legs and boil your blood with performance drills interlinked with strength circuit exercises. (No Dancing Allowed!)

Boot Camp for 55+ has several components that together provide a "wholistic" approach to fitness: strength/resistance training, cardiovascular training, balance training, plus a healthy dose of flexibility/range of motion exercises. We also work on improving coordinated movement to help with fall prevention. Most importantly, we have fun!

Cardio and Strength for 55+ classes incorporate a combination of strength and cardio to help you build muscles that support you in your everyday life.

HIIT is a 45 minute interval training class that incorporates several rounds of high intensity movements to significantly increase the heart rate to at least 80 % of your maximum heart rate. HIIT can help decrease body fat, increase strength and endurance.

Muscle Madness is a concentration on upper and lower body using a variety of equipment such as dumbbells, barbells, medicine balls, BOSU, Swiss balls... excellent class for muscle tone and fat burning.

Seniors' Cardio is a cardio class that includes a low level cardio component, strength, stretch and balance exercises.

Seniors' Toning includes a 45 minute class that will enhance your range of motion, increase your flexibility and strength.

Spin is an excellent cycling workout to strengthen your heart and tone your legs. The instructor will lead the class on a "ride" that will include sprints, hill climbs, flats and other fun exercises like intervals and circuits.

Tabata is a high intensity class that consists of fast paced timed intervals.

Yoga is a balanced combination of sustained poses as well as poses flowing in a mindful progression from one to another. Attention is always given to basic alignment & therapeutic principles. Classes are balanced with energy, to give you a good physical work-out, and calm, to keep you balanced. It is truly a complete mind-body work-out. Your focus will improve, your mind will become clear, your body will detox and you will feel as if you are floating out of class.

GYM HOURS

Mon. & Fri. Pool Opens at 7 AM

Mon. **6AM** to **10PM**

Tues. **6AM** to **10PM**

Wed. **6AM** to **10PM**

Thurs. **6AM** to **10PM**

Fri. **6AM** to **10PM**

Sat. **7AM** to **8PM**

Sun. **7AM** to **7PM**