



YOGA

ACTIVE FLOW YOGA

To bring focus to your week, start the day off right with an active flow yoga series with Meagan. Work out the tension during your week, renew your energy and ease your body in this fabulous yoga class!

When: Tuesdays 6:30 - 7:30 a.m.
Session: September 14 - December 14, 2010
Cost: \$140 (14 Classes)

When: Fridays 6:30 - 7:30 a.m.
Session: September 17 - December 17, 2010
Cost: \$140 (14 Classes)

Twice a week: \$240 (28 classes)
Instructor: Meagan Wilson

FITNESS TRAINING

FUNCTIONAL FITNESS

Learn how to burn fat more efficiently, optimize cardiovascular fitness and improve full body functional strength. Workouts will be progressive and incorporate unique training methods to elicit the most desired training response. This 14 week program will feature two, 75 minute workouts a week for men and women.

When: Tuesdays & Thursdays 6:00 - 7:15 p.m.
Session: September 14 - December 16, 2010
Cost: \$350 (28 Classes)

PILATES

INTERMEDIATE - ADVANCED FUSION PILATES

This class is formatted for Stott Pilates by Certified Instructor, Leslie Crozier. This 60 minute class will take your pilates training to the next level. Utilize different equipment to practice a fusion of mat and reformer style resistance based pilates that will challenge the abdominal, gluteal and back muscles for a total body workout!

When: Tuesdays 1:30 - 2:30 p.m.
Session: September 14 - December 14, 2010
Cost: \$210 (14 Classes)
Instructor: Leslie Crozier

RED'S STRENGTH & CONDITIONING CLASS

This circuit training workout is designed for those who like to get a jump start to their day. Be prepared to work hard and see results from this intense one hour workout. This circuit program will keep your heart rate elevated while combining weight training and aerobic exercises for efficiency! Be prepared to work hard because "Red" will push you to bring out your very best!

When: Wednesdays 6:15 - 7:15 a.m.
Session: September 15 - December 15, 2010
Cost: \$140 Wednesdays (14 Classes)

When: Fridays 6:30 - 7:30 a.m.
Session: September 17 - December 17, 2010
Cost: \$140 Fridays (14 Classes)

Twice a week: \$240 (28 Classes)
Instructor: Giulia De Leo
Max: 10 participants

NEW STUDIO SPIN!!!

We are pleased to announce our new **Studio Spin** Classes here at the Winter Club.

Come get pumped up with a whole new atmosphere and experience in our spin studio space.

Our instructors will take you through a spin program that will get your heart going with this fun approach to spin classes.

A whole new experience and a must try for anyone interested in a great cardiovascular workout.

When: Thursdays 6:30 - 7:30 a.m.
Session: September 16 - December 16, 2010.
Cost: \$180 (14 sessions)
Or \$15 per class drop-in rate
Instructors: Brad Young, Noah Krol, Alix Younger.

COMPLIMENTARY STUDIO SPIN EACH FRIDAY!

We are also pleased to offer Studio Spin classes each Friday from 5:00 - 6:00 p.m. This is a great way to start off your weekend with one last high intensity workout.



CARDIO / CIRCUIT TRAINING PROGRAMS

JACKIE DOBIE'S WORLD FAMOUS 60 MINUTE CIRCUIT TRAINING CLASS

Testing the limits with a total body workout, this class is geared to individuals with previous weight training experience. It is challenging, educational, social and FUN! Participate 2-3 times/week for optimal results.

When: Mondays 9:30 - 10:30 a.m.
Session: September 13 - December 13, 2010
Cost: \$130 (13 Classes)

NOTE: No Class, October 11, 2010

When: Wednesdays 9:30 - 10:30 a.m.
Session: September 15 - December 15, 2010
Cost: \$140 (14 Classes)

When: Fridays 9:30 - 10:30 a.m.
Session: September 17 - December 15, 2010
Cost: \$140 (14 Classes)

Instructor: Jackie Dobie

FALL STRETCH SPECTACULAR

Offered right after Jackie's Circuit Class each Monday this is a class that will help stretch your mind and body. With an approach of going through a wide variety of stretches this 30 minute class will help your body relax and release the tension that has developed through a hard workout.

When: Monday 10:30 - 11:00 a.m.
Session: September 13 - December 13, 2010
Cost: \$84 (13 Classes)

NOTE: No Class, October 11, 2010
Instructor: Kristy Loewen

TEEN HEALTH & FITNESS

TEEN FITNESS, NUTRITION, & FLEXIBILITY WITH AIN\$LEY MCSORLEY

This is an after school program for young women 14 - 17 years of age. You will have a blast while learning all about health & fitness with our amazing Ainsley McSorley.

Ainsley is a trainer with a full nutritional science degree and will work with the girls on diet, healthy lifestyle choices, developing flexibility and improving fitness!

When: Wednesdays 4:30 - 5:30 p.m.
Session: September 15 - December 15, 2010
Cost: \$280 (14 Sessions)
Instructor: Ainsley McSorley

THE YOGA-PILATES - SPIN SPECTACULAR FOR YOUNG WOMEN

This evening class is perfect if after school programs don't work well for you. This program is a great chance to experience a variety of fitness activities with classes split up between Yoga, Pilates and Spin Classes. With some that are even a mix of **ALL THREE IN ONE CLASS!**

When: Thursdays 7:30 - 8:30 p.m.
Session: September 16 - December 16, 2010
Cost: \$140 (14 Sessions)
Max: 9 participants

NOTE: No Class, November 11, 2010

YOUNG MEN'S GROUP FITNESS

This Group class is perfect for young men to get familiar with basic training principals and general health and fitness. This class is for young men 14 - 17 years of age. Included in this class will be individual fitness programs for the participants to do on their own, introduction to nutrition as well as fun group workouts together once a week, introducing everyone to a variety of fitness class styles.

When: Tuesdays 4:30 - 5:30 p.m.
Session: September 14 - December 14, 2010
Cost: \$280 (14 Sessions)

SPECIALTY PROGRAMS



Aquatic Director: Jeff Mitchell jmitchell@winnipegwinterclub.com or call ext. 123



“THE MEN’S CLUBHOUSE” TRAINING PROGRAM

Join Noah Krol this fall in the ultimate Gentleman’s workout!

Imagine losing weight, while building bigger, stronger muscles. Picture yourself looking and feeling better in every possible way.

The program runs in a 3 and 6 month formats which includes 4 personal training sessions/month, a monthly group class and small individual tasks with regards to breath work, awareness & general health and fitness.

To maximize the experience, it is recommended that you sign up with a partner for camaraderie, support and as a spot.

Contact Jeff @ ext 123 for full program details.

MUAY THAI TRAINING PRIVATE & SEMI-PRIVATE

Kickboxing, a fantastic workout in its’ own right, is excellent cross training for any sport requiring explosive power and cardiovascular fitness. Session components include balance, conditioning, technique and strength training. You’ll never do the same workout twice. These sessions include minimal contact and are tailored for your personal fitness thresholds and goals. Reduce your stress while you kick the bag, and punch the pads! Burn over 800 calories per hour and sculpt your shoulders, arms, abs and legs. Train one-on-one, with a friend, or with a small group of friends!

About the Instructor

Carrie enjoys working with clients who have ambitious weight loss and conditioning goals. Her common sense approach to teaching includes setting regular and attainable fitness goals and making small gradual lifestyle changes. Her passion is Muay Thai Boxing and is both a competitive athlete and trainer in the sport.

Private Muay Thai Training

| | | |
|----------------|--------|--------------|
| Single Session | 1 hour | \$55/session |
| 2-5 Sessions | 1 hour | \$50/session |
| 6+ Sessions | 1 hour | \$45/session |

Small Group (2+) Muay Thai Training

| | | |
|----------------|--------|--------------|
| Single Session | 1 hour | \$35/session |
| 2-5 Sessions | 1 hour | \$30/session |
| 6+ Sessions | 1 hour | \$25/session |





COMPLIMENTARY PROGRAMS

September 13 - December 17, 2010

NOTE: No Classes Monday, October 11

No Classes Thursday, November 11

CARDIO SCULPT (MONDAY)

This fitness, cardio training class features a variety of cardio intervals and aerobic exercises to music. Change up your aerobic training in this action packed class!

Instructor: Kristy Loewen 9:30 - 10:30 a.m.

PM POWER HOUR (Monday)

One hour packed full of exercises to tone those muscles to great music and a fun atmosphere. Complete with a cardio warm-up and stretch cool down.

Instructor: Linda Nelson / Carrie Simpson 6:00 - 7:00 p.m.

TUESDAY FLOW YOGA

This flow yoga class ideal for first time & experienced participants of all levels.

Instructor: Meagan Wilson 9:30 - 10:30 a.m.

WEDNESDAY CARDIO KICK BOXING AM POWER HOUR

This hour of kick boxing and resistance training includes use of weights, bands, balls, benches and bosu's to sculpt your body in new and different ways! Each class is something new.

Instructor: Carrie Simpson 9:30 - 10:30 a.m.

WEDNESDAY PM ATHLETE TRAINING

Train like an athlete while you work on agility, speed, strength and endurance in this high intensity class.

Instructor: Ainsley McSorley 6:00 - 7:00 p.m.

THURSDAY CARDIO, ZUMBA AND YOGA

This aerobic fitness to dance class can accommodate individuals with minutes, months and years of aerobic experience. A great combination of dance, rhythm and fitness exercises, followed by 30-45 minutes of yoga!

Instructor: Christine Bauer 9:30 - 11:00 a.m.

FRIDAY PILATES FOR ALL

Pilates is back and better than ever! Each week come and join our incredibly popular certified instructor for an amazing Pilates workout.

Instructor: Leslie Crozier 9:30 - 10:30 a.m.

STUDIO SPIN (FRIDAY)

We are also pleased to offer Studio Spin classes each Friday.

This is a great way to start off your weekend with one last high intensity workout.

5:00 - 6:00 p.m.

SATURDAY CHALLENGER

This class is your weekend wake-up! Perform 60mins of resistance training with a variety of equipment including the ball, bosu, step and free weights. Complete your workout with an aerobic cardio component for 90mins of fitness fun!

Instructor: Barb Newman 9:30 - 11:00 a.m.

TRY IT BEFORE YOU BUY IT

September 13 - 17, 2010

Members looking to join a Fitness Program for the first time are encouraged to "try it before you buy it" this week! Also those members getting back into a program following a brief or lengthy hiatus are encouraged to participate as well!

PARTICIPATING PROGRAMS:

Monday:

Jackie's 60 minute Cardio
30 minute stretch class

Tuesday:

Young Men's Group Fitness
Functional Fitness

Wednesday:

Red's Strength & Conditioning
Teen Girls Training

Thursday:

Early Bird AM Spin Class
Young Ladies' Yoga, Pilates, & Spin

Friday:

Active Flow Yoga

NEW! FITNESS CENTRE ORIENTATIONS

Are you wondering how to properly utilize a piece of fitness equipment or what a certain machine can do for you? Don't get into bad habits or play the guessing game with your fitness routine, come down for a complimentary orientation! Please contact

Jeff Mitchell at jmitchell@winnipegwinterclub.com or 452-3311 ext.123

Personal Training

Aquatic Director: Jeff Mitchell jmitchell@winnipegwinterclub.com or call ext. 123

PRIVATE & PERSONAL TRAINING

Why Choose Personal Training?

Make the Most of your Time. People cite time as the primary barrier standing in the way of their fitness goals. We know that your time is valuable and personal training will cater to your busy schedule. Whether you have 60mins three times a week, 30mins twice a week or 60mins twice a month, you can start working towards your goals with a trainer today!

Goal Setting. People who set goals are 90% more likely to be successful in their lifetime than those without goals. Sitting down with a personal trainer to sort out the fact and fiction of fitness will help you to attain SMART goals suited for your lifestyle. Every person is unique and our trainers will create a program just for you.

Motivate Me! While we all know what it is we want and what we should be doing to live a healthy life, sometimes we just need to have the motivation to get up and do it! Take ownership of your exercise plan and work with your trainer to test your limits and try new techniques to challenge your workouts!

PERSONAL TRAINING

Starter Pack

with Full Fitness Assessment \$275

This option is great for beginners or individuals looking to start a brand new program. The starter pack includes an initial consultation, individual program design, a full fitness assessment and 3 one hour training sessions!

Fitness Assessment \$60

A fitness assessment will take into consideration all your fitness abilities and limitations. Whether you are looking for to start a new program or measure your progress this session will give you answers. This assessment will include values for aerobic capacity, coordination and speed, muscular fitness, power and endurance as well as flexibility and imbalance as well as %FFM.

Private Training Sessions

| | | |
|----------------------|------------|--------------|
| Single Session/Month | 30 minutes | \$30/session |
| Single Session/Month | 1 hour | \$60/session |
| 2-5 Sessions/Month | 1 hour | \$55/session |
| 6-10 Sessions/Month | 1 hour | \$50/session |
| 10+ Sessions/Month | 1 hour | \$40/session |

Partner Training

Need that extra motivation to keep you in check? Bring a partner to your training session and work together with your trainer on an interactive program that will cater to both your needs!

Partner Training Sessions

| | | |
|----------------------|------------|-------------|
| Single Session/Month | 30 minutes | \$20/person |
| Single Session/Month | 1 hour | \$40/person |
| 5-10 Sessions/Month | 1 hour | \$35/person |
| 10+ Sessions/Month | 1 hour | \$30/person |

PERSONAL TRAINERS

What is a Personal Trainer?

A Personal Trainer is a coach, an educator, a motivator and a professional. A Personal Trainer has a genuine interest in healthy lifestyle, personal wellbeing and the wellbeing of others. A Trainer's priority is helping clients to improve the quality of life through fitness and health!

The Winnipeg Winter Club is pleased to present the following certified Personal Trainers exclusively to you, our members! Please check out "Staff" on the WWC website for full trainer profiles.

Jeff Mitchell

Jeff brings a friendly professional strong mind/body training approach to every program & believes the possibilities are endless.

Ext. 123

Meagan Wilson

Meagan is serious about sports conditioning and functional training, her intense workouts will keep you on your toes!

Ext. 213

Ainsley McSorley

Ainsley brings a fun positive training approach with her background in sport nutrition and training.

Jackie Dobie

Our club circuit guru will put you to the test in her challenging workouts! Jackie will be sure to give you results!

Ext. 125

Scott Lemaistre

Scott brings a strong Kinesiology and fitness training background with a great, friendly personality.

Kevin Coates

Kevin brings a rich background in elite athlete training with his past experience in training professional sports teams. Kevin is also knowledgeable in athletic therapy.

Giulia De Leo

Known for her ability to motivate and push people to their limits while getting great results. Giulia brings with her a strong background in personal training and nutrition.

Please contact **Fitness Director: Jeff Mitchell** at ext. 123 for more information about our Personal Training Team and to set-up your initial consultation.

Aerobic Room Schedule

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------|---|---------------------------------------|--|---|--|---|
| 6:30 - 7:30 am | | Active Flow Yoga Meagan | | Spin Brad | Active Flow Yoga Meagan | |
| 9:30 - 10:30 am | Cardio Sculpt FREE Kristy | Flow Yoga FREE Meagan | Cardio Kick Boxing Power Hour FREE Carrie | 9:30 - 11:00 Cardio, Zumba & Yoga FREE Christine | Pilates for All FREE Leslie | 9:30 - 11:00 Challenger FREE Barb |
| 10:30 - 11:00 am | Stretch Class Kristy | | | | | |
| 1:30 - 2:30 pm | | Inter-Adv Fusion Pilates Leslie | | | | |
| 6:00 - 7:00 pm | PM Power Hour FREE Linda/Carrie | | | | 5:00 - 6:00 Spin Spectacular FREE | |
| 7:00 - 9:30 pm | | Belly Dance | | 7:30-8:30 Yoga, Pilates & Spin for young women | | |

Weight Room Schedule

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|--------------------------------------|------------------------------------|---|------------------------------------|--|
| 6:30 - 7:30 am | | | 6:15 - 7:15 Red's Strength & Conditioning Giulia | | Red's Strength & Conditioning Giulia |
| 9:30 - 10:30 am | 60mins Circuit Training Jackie | | 60mins Circuit Training Jackie | | 60mins Circuit Training Jackie |
| 4:30 - 5:30 pm | | Young Men's Group Fitness | Teen Girls Training Ainsley | | |
| 6:00 - 7:00 pm | | 6:00-7:15 Functional Fitness | Athlete Training FREE Ainsley | 6:00-7:15 Functional Fitness | |
| 7:30 - 8:30 pm | | | | Teen Trio Training | |