

## Drop-In Fitness Programs

Participation in our drop-in fitness programs is included with your All Facility Pass membership or All Facility Day Pass drop in fee.

### butts & guts

Lower body and core training at its finest for those that want to firm up and improve their 'rear view'. Learn the core essentials with the best butt-shaping moves and achieve a strong and desirable mid section.

**No class February 20<sup>th</sup>**

**Mondays** 4pm – 4:30pm Jan 16 – Mar 19  
**Wednesdays & Fridays** 12:15pm – 12:45pm Jan 11<sup>th</sup> – Mar 23

### step & strength

The best of both worlds, a great cardio workout with aerobic steps to get your heart pumping and weights to get those muscles burning. **No class February 21st**

**Tuesdays** 9am – 9:45am Jan 10 – Feb 14  
**Tuesdays** 9am – 9:45am Feb 28 – Apr 3

### snowshoeing at lunch

Enjoy your lunch hour with a calorie burning jaunt on snowshoes right here in Westlock! Bring a friend. **All equipment provided. Meet at the Westlock Recreation Centre.**

**Thursdays** 12:10pm – 12:50pm Jan 12 – Feb 23

## Fitness Centre Services

Unlimited access to the fitness centre is included with your All Facility Pass membership or paid daily admission. Individuals must sign in at the Customer Service Desk prior to accessing the fitness centre.

A free orientation is provided that high lights fitness centre guidelines and etiquette and an overview of the equipment. Please ask one of our fitness centre attendants to sign up for your orientation.

### hours of operation (weightroom & courts)

Monday to Friday 6am – 8:45pm  
 Saturday 10am – 5:30pm  
 Sunday 12pm – 5:30pm

### personal training programs

Do you need some expert advice or a motivational program tailored to your fitness goals? Work one-on-one with a qualified personal trainer to help you stay motivated and inspired. Each session will provide instruction on weight management, sports specific options, coaching for proper exercise technique and superior overall quality of life.

1 – 4 sessions \$55/hr  
 5 – 9 sessions \$50/hr  
 10+ sessions \$45/hr

**Sign up for 3 sessions and receive the 4th FREE of charge**

One time offer valid only from January 1<sup>st</sup> to 31<sup>st</sup>, 2012

**Please call the Westlock Recreation Centre for more info: 780-349-6677**

### group personal training

Intimidated by one on one personal training sessions? Perhaps you have friends that share the same fitness goals and workout schedule. Group personal training might be exactly what you are looking for.

**4 session packages** **8 session packages**  
 2 people \$130/each 2 people \$240/each  
 3 people \$100/each 3 people \$180/each  
 4 people \$80/each

**Sign up for a 4 or 8 session package & receive 2 people for the price of 1**  
 One time offer valid only on "2 people" session packages from January 1<sup>st</sup> to 31<sup>st</sup>, 2012

### court regulations & bookings

The racquetball and squash courts are booked in 1 hour increments and may not be booked more than a week in advance. Eyewear is recommended when playing either racquet sport and can be rented from the customer service desk.

### court drop-in times

These uninstruced drop-in times are aimed at congregating likeminded athletes for a great work out and social outing.

Program	Day	Time	Court(s)
<b>Men's Squash drop-in</b>	Mon & Wed	7pm -8:45pm	Court 1 & 2
<b>Ladies' Squash drop-in</b>	Tuesdays	6pm - 8pm	Court 1 & 2

### lock & equipment rental rates

Lock \$0.50\*  
 Eye goggles, racquet & ball \$1.50  
 Wally ball net, ball & court \$15.00\*\*

\*Free for pass holders. Must leave a piece of I.D. or your car keys as a deposit  
 \*\*includes admission for up to 8 people into the courts

## Registered Fitness Programs

Waiting lists will be taken for all programs and if demand is sufficient and appropriate time, space and instructors are available, classes may be added. Register early to avoid disappointment.

### Adult Programs

#### zumba fitness \$42.00/6week session

This program fuses hypotonic Latin rythms and easy to- follow moves to create a one-of-a-kind fitness program. Working out has never been so fun! Get your groove on and feel those calories melting away. **Child care is available during this class.**

**Monday** 10:20am – 11:20am Jan 9 – Feb 13  
**Monday** 10:20am – 11:20am Feb 27 – Apr 2

#### cardio plus \$64.00/8week session

This class offers a mix of 30 minutes of cardio and 30 minutes of strength endurance and core muscle workout. \* **No class Monday, February 20<sup>th</sup>**

**Mondays** 5:30pm – 6:30pm Jan16-Mar12 Westlock Curling Club  
**Thursdays** 5:30pm – 6:30pm Jan 19 – Mar 8 Westlock Recreation Centre

## jazzercise

A fusion of dance, resistance training, Pilates, yoga, and kickboxing movements, each class is choreographed to today's hottest music hits. It's the perfect atmosphere for participants of all fitness levels! Classes are easy to follow and provide a full body workout. **Child care is available during this class.** Depending on class sizes, certain Jazzercise classes may be transferred to the Westlock Curling Club.

**Wednesdays** 9:15 - 10:15 am  
Jan 11 - Feb 15 \$42.00 (6 classes)  
Feb 22 - Mar 21 \$35.00 (5 classes)

**Fridays** 9:15am – 10:15am  
Jan 13 - Feb 17 \$42.00 (6 classes)  
Feb 24 - Mar 23 \$35.00 (5 classes)

## jazzercise - pure muscle \$28.00

Looking to tighten and tone? Join us for this 4 class session which focuses on building strength and toning muscles in the arms, abs AND legs! Choreographed to the latest music!

**Saturdays** 10:30 - 11:40 am Jan 21 - Feb 11

## older adult pilates \$80.00

For the older population keeping fit is essential. That is why we have designed this class specifically for YOU! Pilates is the perfect opportunity to stay in shape while reducing the risk of injury that weight-bearing exercises may cause. With its focus on controlled breathing and quality of movement, this class will help improve your flexibility and strength in a safe and relaxing environment. **\*No class February 23<sup>rd</sup> and March 22<sup>nd</sup>.**

**Thursdays** 10:30am – 11:30am Feb 2- April 5

## pilates \$80.00

This mind and body class will strengthen your core and increase your body awareness; all with new breathing techniques. The movements you acquire in this class will assist in making your everyday activities easier and improving your over all fitness level. No experience necessary. **Westlock Recreation Centre. \* No class February 20<sup>th</sup>.**

**Mondays** 6:45pm – 7:55pm Feb 6- Apr 2

## early morning yoga \$80.00

This "moksha inspired" yoga class is the perfect early morning refresher to leave you feeling rejuvenated and ready to take on your day. With focus on breathing, proper alignment and modifications, it will help to strengthen and rehabilitate the body and mind in a safe and effective manner. Instructor will adapt to all levels of experience.

**Tuesdays** 6:10am – 7:10am Jan 17 – Mar 20

## after work yoga (beginner & intermediate)

Give your mind and body a tune-up through Yoga breathing, postures, guided imagery and deep relaxation. Each of our yoga classes will help you to stretch, strengthen and create space within the body and mind. Yoga will prepare you to better cope with the stresses encountered every day, bringing much appreciated harmony and balance into your life.

**Westlock Curling Club.**

**Wednesdays Beginner** 5:15pm – 6:15pm \$80 (10 classes) Jan 18-Mar 21

**Thursdays Beginner** 5:30pm – 6:30pm \$80 (10 classes) Jan 19–Mar 22

**Thursdays Intermd.** 6:45pm – 8:15pm \$95 (10 classes) Jan 19–Mar 22

## tai chi \$110.00

Tai Chi is a series of gentle movements designed to balance the body's "chi" or life force. Improve your health and fitness, enhance your general well being, reduce stress levels, improve your circulation and balance, and sharpen your mental focus. **Westlock Curling Club**

**Tuesdays** 6:15pm – 7:45pm Jan 24- Mar 13

## mother & daughter beginner belly dance \$90.00/person

We invite mother and daughter duos of all ages to sign up and enjoy one night with expert dancer Judith Garcia as she walks you through this flamenco/belly dance fusion class. Sculpt those abs, shake those hips, move those feet, and be prepared to have a lot of fun! Sign up today as limited space is available. **Westlock Recreation Centre**

**Fridays** 6pm – 7pm Jan 20 – Feb 24

## Youth Programs

### teen yoga 12–17yrs \$35.00

Bring a friend and enjoy this opportunity to relax and unwind in this "teen only" yoga class. If toning and stretching your muscles and improving your mental fitness are on your New Years resolution list, this class is for you! Don't be shy and sign up today. **Westlock Recreation Centre**

**Thursdays** 4pm – 5pm Jan 19 – Feb 23

### fitness fusion for teens 14-17yrs \$33.00

A blend of fitness conditioning that challenges strength, balance, flexibility, and stamina. Enjoy your work out with people of similar age and on the same wave length as you! **Westlock Recreation Centre**

**Tuesdays** 4:15pm – 5pm Feb 7 – Mar 13

## Public Skating Services

### Jubile Arena

The Jubile Arena is available for public skating twice weekly and is free of charge (sponsored by Boston Pizza in Westlock).

**Fridays 6:45pm – 7:20pm**

**Sundays 3pm – 4:10pm**

### Eastglen Outdoor Skating Rink

Generally open 7 days a week, for more precise hours of operation, please contact the Westlock Recreation Centre or view the schedule posted outside the skate shack.

**Please call the Westlock  
Recreation Centre for more  
info: 780-349-6677**