# BE FIT FOR LIFE CENTRE Spring Fitness Class Schedule

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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td>April 29 to May 30</td>
<td>Rise &amp; Ride</td>
<td>STEP +ST</td>
<td>Rise &amp; Ride</td>
<td>Take it Outside!</td>
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<td>7:00-7:45am</td>
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<td>8:00am-12:00pm</td>
<td>OPEN for Personal or Small Group Training</td>
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<td>12:15-12:45pm</td>
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<td>1:00-5:00pm</td>
<td>OPEN for Personal or Small Group Training</td>
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<td>5:00-5:45pm</td>
<td>Kindersteps</td>
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*Our Vision - To help Albertans be knowledgeable, confident, and motivated to acquire the competence they need to engage in physical activity for life! We are here to help you achieve your health & fitness goals!*

**PUNCH PASS OPTIONS:** $100 for 10 class OR DROP-IN: $12 (45min) & $10 (30min)

**DEADLINE to REGISTER** is April 23 and NO classes on May 9 & 20

**Not sure?** New participants can try 1st class for free!

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Be Fit For Life Centre is located in Rm 126 at Portage College
Classes in GYM or Racquet Court or Theatre
Ph: 780-623-5542
Cell: 780-404-5505

Email: deb.menard@portagecollege.ca

**** PAR-Q & Waiver forms required ****
### Class Details:

**BELLYFIT:** Learn to move your hips with the exotic rhythms of Bellydance, Boilwood, Bhangra, and African inspired cardio workout. Finish with a blend of yoga & Pilates to bring mindfulness & balance to the body. **with Kelsey Scott**  **Cost:** $45

**BUFF Yoga:** Get 'buff' while improving your flexibility, balance, and muscular strength & endurance with a combination of yoga poses and light dumbbell exercises. Great for beginners!  **Cost:** $25 or PP  **NO class May 9**

**KINDERSTEPS:** This program, for kids age 3-6, is designed to explore musicality, enjoy a variety of dance fundamentals and develop confidence in movement and mime. Students will learn foundation skills such as skipping, galloping, jumping, turning, balancing, pointing, stretching, and more! **with Kelsey Scott**  **Cost:** $80 for 8 classes (April 29-June 24, NO class May 20)

**Rise & Ride:** Energize your day with this early morning indoor cycle workout of speed drills, hill climbing, tempo and interval training.  **Cost:** $80 or PP  **NO class May 20**

**STEP +ST:** Get results without stressing your joints with low-impact cardio & bodyweight suspension training! Keeping it simple with basic patterns on the **STEP** and intervals of muscular strength and endurance with the suspension trainer, your body will love it!  **Cost:** $40 or PP

**Take it Outside!** It's time to get outside and get some fresh air for this full body metabolic training workout. Challenge yourself with this bigger outdoor space (on soccer field adjacent the pool) and take your strength training and cardiovascular conditioning to a new level! BONUS - there will be time for fun & games!  **Cost:** $30 or PP  **NO class May 9**

**ToneXpress:** Get 30 non-stop minutes of total body muscle toning with this effective express workout utilizing bodyweight and portable equipment. Progressions and options shown for any level of fitness!  **Cost:** $30 or PP

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**CLASSES are FREE for Portage College students** (space may be limited)

**SPRING PUNCH PASSES EXPIRE MAY 30, 2019** (prices include GST)

Book an appointment for NUTRITION COACHING, PERSONAL and SMALL GROUP FITNESS TRAINING

**Certified Instructor/Trainer:**

*Deborah Menard, BEd; NAIT-PFT & BA; NASM-CPT-PES-CES; PNC; AFLCA*

*Tricia Klein, Can-Fit-Pro & Kelsey Scott, BellyFit & Pound PRO; AFLCA*