



LEBOVIC LEISURE CENTRE
Summer Hours of Operation (June 27 - Aug. 31)

Monday - Thursday : 6:00 am - 10:00 pm
 Friday : 6:00 am - 8:00 pm Saturday & Sunday : 8:00 am - 4:00 pm

(905) 642-7529

GROUP FITNESS SCHEDULE

Effective: Sat. June 21, 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
CORE ABS & BACK 6:10 - 6:55 am Jane	INTERVAL 6:10 - 6:55 am Jukka	VARI CONDITIONING 6:10 - 6:55 am Jane		VARI CONDITIONING 6:10 - 6:55 am Jane					
CARDIO MIX 9:15 - 10:15 am Sharon	CARDIO MIX 9:15 - 10:15 Jane	Stroller Fitness 9:30-10:45 Tiffany	STEP 9:15 - 10:15 Tiffany	Tai Chi 9:00-10:00 Rosa	GENTLE FIT 9:15 - 10:15 Marie	Baby & Me 9:30-10:30 Jill	INTERVAL 9:15 - 10:15	YOGALATES 8:30 - 9:30 am Nicole	
GENTLE FIT 10:20 - 11:20 am Sharon	MUSCLE CONDITIONING 10:20 - 11:20 am Marie	ABS, BACK & STRETCH 10:20 - 11:20 am Jo Lynn	MUSCLE 10:20-11:20 Marie	Baby & Me 10:45-11:45 Jill	GENTLE FIT 10:20 - 11:20 Maureen	VARI TRAINING 9:35 - 10:35 am Nicole	CIRCUIT TRAINING 10:30 - 11:30 am Jane		
Pilates - Level 1 12:15 - 12:45 Tiffany			Yoga 12:15 - 12:45 Jill						
MUSCLE COND. 1:15 - 2:00 pm Tiffany			MUSCLE COND. 1:15 - 2:00 pm Jane						
	MUSCLE COND. 5:00 -5:55 pm Maureen		CARDIO & FUSION 5:00 -5:55 pm Debbie						
	Yoga 6:00 - 6:55 pm Nicole	Pilates Prep 6:00 - 6:55 pm Debbie		KICKBOX 6:00-6:55 pm Nancy/Jukka					
CARDIO MIX 7:00 - 7:55 pm Marie	STEP 7:00 - 7:55 Nicole	Urban Poling 6:30-7:30 Jill	KICK BOX 7:00 - 7:55 Tiffany	Pilates 7:00 - 7:55 Debbie	INTERVAL 7:00 - 7:55 pm Maggy				
MUSCLE CONDITIONING 8:00 - 8:55 pm Jane	Exotic Cardio 8:00 - 8:55 pm Nicole	CHISEL ABT 8:00 - 8:55 Tiffany							

Lifestyle Programs start in June or July
 Register on a sessional basis
NOT included in Group Fitness / Aquafit Prices
All members
 receive a discount on most
Lifestyle Program sessions.
 See Leisure Guide for fees and details.

Class Descriptions

GENTLE FIT for those just starting out, returning to fitness, or maintaining their health. Muscle conditioning included. (20 min. Cardio/Condition/Stretch)

CARDIO MIX or CARDIO FUSION Invigorating cardio segment followed by a sculpting muscle conditioning segment and an all over stretch.

VARI TRAINING Add some variety to spice things up, simple but dynamic. Concepts will be introduced for cross training. The focus is cardio vascular fitness.

STEP Strengthen those legs and use a box step to develop dynamic patterns. Muscle conditioning included.

CHISEL ABT or CORE ABS & BACK A muscle conditioning class designed to target abs, butt & thighs or abs & back. Develop strength and tone to your full potential!

KICK BOX High energy, a knock out way to develop cardio, strength and general fitness using martial art type moves...FUN...FUN...FUN

ABS, BACK & STRETCH New! Warm-up, complete body stretch routine combined with ab and back work. A great compliment to any activity to improve well being.

MUSCLE or VARI CONDITIONING Maintain bone density, increase muscle tone, strength and metabolism. There is no cardio component to these classes. A great compliment to cardio classes that primes you for any activity such as golf, curling, cycling, skiing, etc.

CIRCUIT TRAINING Work from station to station to maintain your heart rate while working your muscles, balance and co-ordination. A great workout to enhance an active lifestyle and suitable for all fitness levels.

INTERVAL Cardio and muscle conditioning are blended to maintain heart rate throughout your workout, improving strength and heart health. Finish with a great set of abdominal and back exercises. Suitable for all fitness levels.

PILATES PREP An intro to pilates included in our regular schedule. Create muscular balance in your spine, controlling back pain and preventing injury. Try it out before joining our more in depth lifestyle program.

YOGALATES Experience the relaxation of yoga and the intensity of pilates. Great for all fitness levels to strengthen your core and torso, the foundation of your body.

Contact Barb Armstrong 905-642-7529 ext. 328 for more information on group fitness or lifestyle programs.