



Open House Week

NOVEMBER 14 - NOVEMBER 21

| Saturday November 14 | Sunday November 15 | Monday November 16 | Tuesday November 17 | Wednesday November 18 | Thursday November 19 | Friday November 20 | Saturday November 21 |
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| <p>OPEN HOUSE WEEK STARTS!</p> <p>Activate your FREE 7-day Membership and take a Club Tour!</p> <p>11:00-12:00pm PERSONAL TRAINING CLINIC: GRAVITY DEMOS Learn how the Gravity Trainer can strengthen your core and more!</p> <p>Take advantage of our FALL IS FREE* & join with a friend for even greater SAVINGS including FREE GOLF!</p> | <p>9:00-10:00am GROUP RIDE Everyone finishes first in Group Ride! Spin your way to burning calories and strengthening your lower body. Geared for anyone that can ride a bike.</p> <p>10:10-11:10am GROUP POWER This 60 minute program is your hour of power! With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels.</p> <p>11:20-12:20pm YOGALATES Enjoy the benefits of Yoga and Pilates combined in this restorative hour.</p> <p>SQUASH & TENNIS To book your court, please call the Front Desk at ext. 222</p> | <p>6:15-7:15am OR 9:30-10:30am GROUP POWER Enjoy another hour of power!</p> <p>10:30-11:30am OR 7:00-8:00pm GROUP RIDE Join us for motivating music, awesome instructors, and an inspiring group environment lets you Ride On!</p> <p>4:00-5:20pm HIGH SCHOOL SQUASH Meet with Head Squash Pro, Richard Yendell, and find out what the High School Squash Program is all about!</p> <p>5:30-5:45pm INTRO TO ZUMBA! Learn the basic steps, then stay to join the party!</p> <p>5:45-6:45pm ZUMBA! Join the party and dance your way into fitness! Zumba is a fusion of Latin and international music and dance moves.</p> <p>6:00-10:00pm MONDAY NIGHT SQUASH LEAGUE Come out and watch our members compete!</p> <p>7:00-8:00pm INTRO TO GROUP ACTIVE Learn how the Group Active class incorporates easy to follow cardio, strength, balance, core and flexibility in only 1 hour! You can do it!</p> <p>8:00-9:00pm YOGA Experience Yoga for fitness of mind and body, stress management and flexibility. The emphasis is on breathing, relaxation and moving within your own comfortable range of motion.</p> | <p>6:15-7:15am OR 9:15-10:15am GROUP RIDE Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body!</p> <p>9:00am-1:20pm SQUASH LADIES' ROUND ROBIN Open for any ladies who are interested in trying out squash and enjoying some of the social benefits of our morning league. Adults only.</p> <p>9:30-10:15am 20/20/20 20 minutes each of Step, Cardio and Core work for a total body Workout! This class is followed by a 15 minute Abs class for those who want the extra Abdominal workout!</p> <p>11:00-12:00pm INTRO TO GROUP ACTIVE Learn how the Group Active class incorporates easy to follow cardio, strength, balance, core and flexibility in only 1 hour! You can do it!</p> <p>1:00-2:00pm CARDIO TENNIS Enjoy a Cardio Tennis workout with John "Miggs" Glenway's Tennis Pro.</p> <p>5:30-6:10pm CARDIO BLAST This hi/low cardio class gives you a variety of your favourite cardio moves and music packed into a 45 minute workout. All levels welcome!</p> <p>6:20-7:20pm GROUP POWER Enjoy another hour of power!</p> <p>7:30-8:10pm INTRO TO GROUP RIDE - EASY RIDER You'll be shown how to adjust your bike for comfort and how to "ride the rhythm" for results and fun! Enjoy the experience of a Group Ride Express class!</p> | <p>6:15- 7:15am OR 9:30- 10:30am GROUP POWER Enjoy another hour of power!</p> <p>10:30-11:10am INTRO TO GROUP RIDE Learn how to get the most out of this great workout. You'll be shown how to adjust your bike for comfort and how to "ride the rhythm" for results and fun! Enjoy the experience of a Group Ride Express class!</p> <p>10:30-10:45am HEALTHY BACK + ABS Strengthen and stretch the muscles of the core and low back while you condition your abdominals.</p> <p>4:00-8:00pm JR. TENNIS Watch our Jr. Tennis players in action as they have fun learning and playing tennis.</p> <p>6:00- 7:00pm GROUP ACTIVE Get more out of life. Get Active!</p> <p>6:30 - 7:30pm GROUP RIDE Everyone finishes first in Group Ride!</p> <p>7:00- 8:00pm INTRO TO YOGA Try Yoga for fitness of mind and body, stress management and flexibility.</p> <p>7:20-8:40pm SQUASH LEARN TO PLAY CLINIC This is a chance to get a few tips and play some games with other new squash players. Sign up with Richard Yendell, Squash Professional at ext. 234</p> <p>7:20-9:20pm SQUASH MEN'S ROUND ROBIN Come out and play! Adults only.</p> | <p>6:15 - 7:15am OR 9:15- 10:15am OR 7:00- 8:00pm GROUP RIDE Choose your time and Ride on!</p> <p>9:00-11:00am LADIES TENNIS Find out what Tennis at Glenway is all about! Come out and watch our Ladies Inter-Club Competative teams.</p> <p>9:30- 10:30am GROUP ACTIVE Get more out of life. Get Active!</p> <p>11:00-2:00pm OR 5:00-10:00pm THURSDAY PASTA BAR BUFFET This is an essential part of the Glenway experience - you do not want to miss our weekly pasta bar! Come out for lunch or dinner. See below right for details.</p> <p>1:00 - 1:30pm OR 6:00-6:20pm INTRO TO GROUP POWER Learn how to get started on this weight training workout. This overview will show you how to set up, explain the class format, and demonstrate the basic exercises. We'll get you ready to Power Up!</p> | <p>6:15-7:15am OR 5:30-6:30pm GROUP POWER Choose your time and enjoy another hour of power!</p> <p>9:15-9:30am INTRO TO ZUMBA! Join the party and dance your way into fitness! Donna will walk you thorough the basic steps of Salsa, Merengue, Belly Dance and Cumbia!</p> <p>9:30 - 10:30am ZUMBA! Join the party and dance your way into fitness!</p> <p>9:15 - 10:15am GROUP RIDE Join us for motivating music, awesome instructors, and an inspiring group environment lets you Ride On!</p> <p>10:30-11:30am YOGA Experience the benefits of Friday morning Yoga for fitness of mind and body, stress management and flexibility.</p> <p>11:00-2:00pm OR 5:00-10:00pm FRIDAY PASTA BAR BUFFET This is an essential part of the Glenway experience - you do not want to miss our weekly pasta bar! Come out for lunch or dinner. See below right for details.</p> <p>7:00-8:00pm SQUASH OPEN ROUND ROBIN Come out and play! Adults only.</p> <p>7:00-8:30pm & 8:30-10:00pm TENNIS FRIDAY NIGHT SOCIAL Come out for a night of tennis & meet some of our tennis members. (For intermediate to advanced players. Adults only)</p> | <p>Last chance to experience Glenway Open House classes!</p> <p>8:00-9:00am GROUP ACTIVE Get more out of life. Get Active!</p> <p>8:00 - 9:00am OR 9:30-10:30am GROUP RIDE Choose your time and Ride on!</p> <p>9:15-10:15am GROUP POWER Enjoy another hour of power!</p> <p>10:00-12:00pm JUNIOR SQUASH OPEN HOUSE Meet with Head Squash Pro, Richard Yendell, and find out what the Junior Squash Program is all about!</p> <p>10:30-11:40am Dynamic Yoga Dynamic Yoga features more fluid transitions and more repetitions of each posture.</p> <p>11:00-11:30am PERSONAL TRAINING CLINIC: SETS, SUPERSETS, AND TRISETS Carol will show you how to challenge your muscles differently for maximum results.</p> <p>Visit a Club Services Representative to find out how easy & affordable it is to become a Glenway Member!</p> <p>THURSDAY & FRIDAY PASTA BAR</p> <p> Lunch Pasta Bar: Adults - \$9.95**</p> <p>Dinner Pasta Bar: Adults - \$13.95**</p> <p>Children's Pasta Bar: \$6.95** Lunch & Dinner</p> <p>**taxes extra</p> |
| <p>LEGEND</p> <p> This age and older is welcome to participate!</p> <p> Come out, take a closer look at & watch these activities.</p> <p> To participate, please call ext. 222 or sign-up in person at Front Desk 1 day in advance.</p> <p> Moderate Cardio Classes: Group Active, Intro to Group Active, Intro to Group Ride, Zumba</p> <p> Cardio + Classes: Group Ride, Interval Step, Boot Camp, Cardio Crazy</p> | | <p>*Fall is FREE applies to new Adult & Young Executive Members joining fitness, squash, tennis or golf. Offer expires November 30, 2009. Some conditions apply. Contact Club Services for all the details: 905.853.5590 ext. 222.</p> | | | | | |