



FALL 2009 FITNESS CALENDAR

Monday, September 14

Fall Fitness Class Schedule Starts

September 12 – October 17

CLASS CRAZE is back!

Take a trip with us to the Crazy Land of Fitness Classes!
We have your Passport and Itinerary!

(Pick it up at Check-In starting 9:00 a.m. Saturday, September 12.) Pack your workout shoes and bring your sense of adventure. Friends are welcome to share the fun! \$15 includes your Ticket, Passport, Guest Passes and chances to win lots of great prizes!

Book your trip now at the Fitness Desk.

Sign up by September 10 and enter for an early bird draw prize: 3 Members will receive their trip free!

Saturday, September 19

11:00 a.m. – 12:30 p.m.

or

Tuesday, September 22

1:00 – 2:30 p.m.

Women on Weights

Group Training

September 19/22 – October 24/27

This 6 week program is ideal for those who want to learn more about weight training in a small group. Experience the benefits of resistance training! Gain strength and streamlined muscle definition, and rev up your metabolism! We guarantee results if you commit to the program! Cost \$160 + GST

September 14 – 18

Orientation Week!

Take an Intro Class this week and take up some new activities this fall!

Monday, September 14

7:00 p.m.

Intro to Group Active

Learn easy to follow cardio using the step, strength training, balance and flexibility and Activate Your Life!

Tuesday, September 15

11:00 a.m.

7:30 p.m.

Intro to Group Active

Intro to Group Ride

Learn how to set up your bike, and pick up technique tips to make your first "Easy Rider" class a great experience! Everyone finishes first in Group Ride!

Wednesday, September 16

10:30 a.m.

6:00 p.m.

Intro to Group Ride

Intro to Yoga

Wednesday, September 16

***Alpine Ski Dryland Training
Program Registration ends***

10 week program: September 21 – November 27
Mondays, Wednesdays & Fridays
4:30 – 5:30 p.m.

Cost: \$160 + GST for 2 days a week
\$240 + GST for 3 days a week

Contact Paula Man to register Ext.225
pman@glenwaycountryclub.com

Thursday, September 17
1:00 p.m. OR 6:00 p.m.

Intro to Group Power

Learn how to get started on this weight training workout with barbells. 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!

Monday, September 21
7:00 – 8:00 p.m.

Nutrition Seminar: "Healthy Lunches and Snacks"

Join Debbie Allen, Holistic Nutritionist, and learn what you need to eat to keep your energy up and your weight down. You've heard eating 5 – 6 small meals a day is good. How much, how often and just what to eat will be discussed, along with healthy suggestions for life in the fast lane! Cost \$10

Free for Class Craze participants!

Tuesday, September 22
1:00 – 1:45 p.m.

Seniors Clinic: Yoga

Enjoy the benefits of Yoga with Jane. Yoga comes in many forms and is tailored to your comfort level. Learn exercises that will increase flexibility and strength, and enjoy the relaxation that Yoga practice brings. Stay for coffee after.

Free for members. \$10 for non-members

Wednesday, September 23
7:15 p.m.

Nordic Walking Fall Clinic

September 23 – October 28

This 6 week program combines the aerobic and strength building benefits of cross country skiing in a walking program. *Go where the poles take you!*

Cost: Members \$60/Non-members \$72
(+\$20 for pole rental if needed)

See Anita for more information and sign up in fitness.

Wednesday, September 23
7:15 p.m.

Learn to Run with April

This 10 week program will prepare you to run a 5K at our annual Jingle Jog! Program includes education on nutrition, strength training, stretching, clothing as well as progressive run/walk training.

Cost: Members \$75/Non-members \$90 includes Nutrition Seminar on eating for running.

Thursday, September 24
5:00 – 5:50 p.m.

Pre-Teen Fitness

for ages 8 – 12 with Michelle
6 week session September 24 – October 29
Try a different activity each week, get fit and have fun!
Activities will include a variety of cardio and strengthening activities plus balance and flexibility in a fun format.
45 minutes of activity and take away tips from Michelle!
Cost: Members \$60/Non-Members \$72

Saturday, September 26
12:00 – 12:45 p.m.

Zumba Kids! for ages 6 - 12

6 week session September 26 – October 31
Zumba is the widely popular dance-inspired fitness program! This class will get kids moving to Sala, Merengue, Latin, Hip-Hop and more. Our Zumba Instructor, Donna, will walk them through the stops and the kids will be dancing and having fun all while being active! 6 week session
Cost: Members \$60/Non-Members \$72

Monday, September 28
9:15 – 10:15 a.m.

Sport Movement

Are you ready to take your game to the next level? From a foundation of strength, endurance and flexibility, we will progress the balance and movement skills necessary to enhance the athlete's ability to stop and change direction instantaneously, read and react to opponents and the chaos of the sport environment.
5 week sessions:
September 28 – November 2 (no class Oct. 12)
November 16 – December 14
See Catherine for more information and sign up in fitness.
Cost \$70

Tuesday, September 29
7:30 – 8:30 p.m.

Yoga for Golfers Free Demo Class

New this fall! Katherine Roberts' Yoga for Golfers will be offered in the form of 2 hour workshops and 4 week sessions of 1 hour classes. Instructor Lynne Spackman will show you how Yoga for Golfers benefits golfers of all ages, handicaps and fitness levels. Bring your 7 or 8 iron and wear comfortable clothes; your body is your most important piece of equipment! Sign up in Fitness as space is limited.

Sunday, October 4
12:30 – 2:30 p.m.

New! Yoga for Golfers Workshop

The Yoga for Golfers workshop will feature information on trends in golf fitness, mechanics of the swing and the muscles involved, direct golf benefit of each yoga exercise, breathing awareness and its immediate benefit to golf performance, and techniques for using breathing for relaxation and winning visualization. As featured on the Golf Channel! Bring your 7 or 8 iron. "Because your body doesn't get a Mulligan!" Cost: \$25

Tuesday, October 6
7:30 – 8:30 p.m.

New! Yoga for Golfers

4 week session October 6 – 27

As featured on the Golf Channel, Katherine Roberts' Yoga for Golfers comes to Glenway!

With Instructor Lynne Spackman guiding you through golf specific exercises and relating each to your swing, you will experience improved swing rotation for more distance, stretching and strengthening of golf specific muscles, improved balance and focus. Yoga for Golfers is of benefit to golfers of all ages, handicaps and fitness levels. Bring your 7 or 8 iron and wear comfortable clothes.

"Because your body doesn't get a Mulligan!"

Cost: \$45

Monday, October 19
7:00 – 8:00 p.m.

Nutrition Seminar: Eat Well to Run Well

with Nutritionist Debbie Allen Cost \$10

Saturday, October 17
11:30 a.m. – 2:30 p.m.

Girls Day Out! Health and Wellness Day for Teens

for teen age girls 13 and up

Bring your girlfriends and join us for a day that is all about you! Start the day with a short Spin class to energize you, then meet up for some healthy snacks and nutrition tips, learn about make up and skin care, stress management and relaxation techniques and wind down with some Yoga! Take home a gift bag and maybe win a draw prize!

Thanks to our sponsor *Body Beautiful Spa!*

Cost: Members \$15 /Non-Members \$18

Wednesday, October 21
9:00 – 11:00 a.m.
5:00 – 7:00 p.m.

Blood Pressure Clinic

Provided by GEM Health Care Services

in the front foyer

Saturday, November 14
12:00 p.m.

Cross Training Challenge Kickoff

Meet your Team! The Cross Training Challenge, November 14 – December 1, is our largest annual fitness event. Get ready to have lots of fun and keep fit as we head into the festive season!

Sign up in Fitness starting October 15. (Sign up by November 1 and choose your T Shirt size.)

Monday, November 16
9:15 – 10:15 a.m.

Sport Movement

5 week session November 16 – December 14

Are you ready to take your game to the next level?

From a foundation of strength, endurance and flexibility, we will progress the balance and movement skills necessary to enhance the athlete's ability to stop and change direction instantaneously, read and react to opponents and the chaos of the sport environment.

See Catherine for more information and sign up in fitness.

Cost \$70

Sunday, November 22
12:30 – 2:30 p.m.

Men's Day: Yoga for Golfers

The Yoga for Golfers workshop will feature information on trends in golf fitness, mechanics of the swing and the muscles involved, direct golf benefit of each yoga exercise, breathing awareness and its immediate benefit to golf performance, and techniques for using breathing for relaxation and winning visualization. As featured on the Golf Channel! *"Because your body doesn't get a Mulligan!"*
Cost: \$25

Monday, November 23
7:00 – 8:00 p.m.

Nutrition Seminar: Topic TBA

with Nutritionist Debbie Allen Cost \$10

Tuesday, November 24
7:30 – 8:30 p.m.

New! Yoga for Golfers

4 week session November 24 – December 15
As featured on the Golf Channel, Katherine Roberts' Yoga for Golfers comes to Glenway!
With Instructor Lynne Spackman guiding you through golf specific exercises and relating each to your swing, you will experience improved swing rotation for more distance, stretching and strengthening of golf specific muscles, improved balance and focus. Yoga for Golfers is of benefit to golfers of all ages, handicaps and fitness levels. Bring your 7 or 8 iron and wear comfortable clothes. *"Because your body doesn't get a Mulligan!"*
Cost: \$45

Wednesday, November 25
1:00 – 1:45 p.m.

Seniors Clinic: The Balance Challenge

Learn simple exercises you can do in the gym or at home to improve your balance.
Stay for coffee after.
Free for Members. \$10 for Non-Members

Sunday, November 29
10:30 a.m.

Jingle Jog!

Join us for a brisk jog or walk outside. (3K or 5K)
Bring your Santa caps. We'll supply the jingle bells!