



LifeFIT at the Rideau Tennis Club

GroupFIT - Starting September 13, 2010 - no class Saturday, October 9 or Monday, October 11

Enjoy the benefits of participating in GroupFIT classes. We offer a variety of classes for all levels. Each class offers unique and original choreography. Classes requiring separate registration are highlighted in grey. See page 3 for further information on these class programs.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am to 10:00am	Breast Cancer Action (private class)	PilatesFIT (9:30-10:30am)	Breast Cancer Action (private class)	MuscleFIT (9:30-10:30am)	Breast Cancer Action (private class)	YogaFIT
12:00pm to 12:30pm	Boot Camp Basics		Buns'n Guns		FusionFIT (12:00-12:45pm)	
12:30pm to 1:00pm	AB Attack		Gentle Aerobics			
1:00pm to 2:00pm				Breast Cancer Action Yoga (private class)		
6:30pm to 7:30pm	Belly Dance for Fitness	Beach Body Boxing (6:00-7:00pm)	Yoga with Pat (6:00-7:15pm)	Beach Body Boxing (6:00-7:00pm)		
7:30pm to 8:30pm	Belly Dance Level 2			Beach Body Boxing (7:15-8:15pm)		

Please note that not all classes are offered every season and that some classes may change due to instructor availability.

Class Descriptions:

PilatesFIT: Learn the fundamental skills of the Pilates system. Work on core awareness, strength and flexibility with the goal of developing a uniformly balanced body. This course welcomes new students as well as beginners.

FusionFIT: This class is a blend of traditional Yoga and Pilates movements that will improve skeletal posture, strengthen muscles and work the core.

Boot Camp Basics: This high energy class is a combination of basic strength training, aerobic conditioning + flexibility training in a circuit format.

MuscleFIT: An easy to follow low impact warm up and total body strength conditioning.

Ab Attack: This class will help you strengthen your abdominals as well as improve posture, flexibility and balance. By using effective training tools such as the stability ball, you will strengthen and increase flexibility for your primary core muscles.

Buns 'n Guns: This class will help you strengthen and tone your buttocks, hips, legs and tone your arms. The class combines to follow 'step-up' patterns for the "buns" and resistance training with free weights and/or body bars for the "guns"!

Gentle Aerobics: A combination of gentle low impact movements to improve cardiovascular fitness.

Belly Dance for fitness: A terrific cardio workout that tones the whole body, including abs, by using basic moves of belly dance. Appropriate for all fitness levels.

Breast Cancer Action - This is a private class, the studio is not available for members during this time period.

GroupFIT Class Card

You want to participate in classes, but you're not a member.....
You can purchase a GroupFIT Class Card to attend regular classes.
Please contact the LifeFIT Canada staff member on duty in the Centre.

GroupFIT Class Card – 10 classes

RA Member \$ 60.00 (tax incl.) Non-member \$ 85.00 (tax incl.)

Classes highlighted in grey require separate registration – see page 3.

Hours of Operation:

Monday to Friday: 6:30 a.m. to 8:30 p.m.
and Sat & Sun: 8:00 a.m. to 6:00 p.m.

LifeFIT Canada Staff are on site:

Monday, Wednesday & Friday: 6:30 a.m. to 1:30 p.m.
Tuesday & Thursday: 9:00 a.m. to 1:00 p.m.
Monday to Thursday evenings: 4:00 p.m. to 7:00 p.m.

New for you!

As part of your Rideau LifeFIT membership, you are welcome to participate, free of charge, in the following classes held at the RA Centre!

RA Members are also welcome to join these programs at a discounted price. For more information, call the LifeFIT Centre at the RA at 613-733-5100 (ext. 312).

Zumba

Wednesdays with Carolina Izaquirre & Saturdays with Shawn Slade

Everyone can enjoy this Latin infused cardio fitness class! Zumba is a combination of great music and dance moves. You do not need to know how to dance and the more you move the more calories you burn. It is easy and fun for all levels. Join the party!

FALL Sessions (no class Sat, Oct 9)

Wed Sep 15 - Dec 01 5:30 - 6:30pm 1251
Sat Sep 18 - Dec 11 9:00 - 10:00am 1270

Fees:	LifeFIT member	Free
	RA member	\$ 99
	Non-member	\$ 124



Belly Dance for Fitness with Jalilah

Join Jalilah for this terrific cardio workout while toning your abs! Focus on core strength and proper body alignment. Learn the basic movements and combinations put together into easy routines. Appropriate for all fitness levels.

FALL Sessions (no class Oct 11)

LifeFIT at the RA Centre
Mon Sep 13 - Dec 06 10:30 - 11:30am 1101

Fees:	LifeFIT member	Free
	RA member	\$ 99
	Non-member	\$ 124

Socaramba with Alex Eloise

Dance your worries away! A great aerobic workout featuring up-beat Caribbean music followed by a lower body strength segment. Movement with muscle and more.

FALL Session

Tues Sep 14 - Nov 30 5:30 - 6:30pm 1235

Fees:	LifeFIT member	Free
	RA member	\$ 99
	Non-member	\$ 124



FusionFIT with Christine Déry

This class is a special blend of fitness conditioning that combines Yoga and Pilates. Integrate mind-body awareness while working on strength, balance and flexibility.

FALL Session

Tues Sep 14 - Nov 30 9:15 - 10:15am 1155

Fees:	LifeFIT member	Free
	RA member	\$ 99
	Non-member	\$ 124

Fifty Plus Fitness

Welcome to our 50+ Fitness Program.

Enjoy a wide variety of fitness classes that focus on reducing your risk for chronic disease and maintaining or improving functional fitness. Each class has a specific focus to enhance your personal fitness routine. The intensity of the programs will vary depending on your cardio level or the amount of weight that you use.



50+ Movement & Balance

with Louise McGoey

Gentle low impact aerobics with balance training.

FALL Session (no class Oct 11)

Mon Sep 13 - Dec 06 10:30 - 11:30am 1301

Fees:	LifeFIT member	free
	Fifty Plus Club member	\$ 89
	RA member	\$ 119
	Non-member	\$ 144

50+ Strength & Stretch with Christine Déry

This class will focus on strength and stability. Participants will learn different exercises and postures using light weights and the exercise ball. Gentle stretching will complete this total body workout. Options for making exercises easier or more difficult will be provided.

FALL Session

Tues Sep 14 - Nov 30 10:30 - 11:30am 1300

Fees:	LifeFIT member	free
	Fifty Plus Club member	\$ 89
	RA member	\$ 119
	Non-member	\$ 144

50+ Movement & Muscle

with Madeleine Licari

Gentle low impact aerobics with muscle toning using bands & tubes.

FALL Session

Wed Sep 15 - Dec 01 10:30 - 11:30am 1302

Fees:	LifeFIT member	free
	Fifty Plus Club member	\$ 89
	RA member	\$ 119
	Non-member	\$ 144

50+ Tai Chi FIT with Hiromi MacPhail

This special class will focus on Tai Chi fitness. Enjoy a gentle way to tone and strengthen your body as well as improve concentration, coordination and balance. Class will progress throughout a series of movements.

FALL Session (no class Nov 11)

Thurs Sep 16 - Dec 09 10:30 - 11:30am 1239

Fees:	LifeFIT member	free
	Fifty Plus Club member	\$ 89
	RA member	\$ 119
	Non-member	\$ 144

50+ Movement & Stretching

with Madeleine Licari

Gentle low impact aerobics with an extended stretching component.

FALL Session

Fri Sep 17 - Dec 03 10:30 - 11:30am 1303

Fees:	LifeFIT member	free
	Fifty Plus Club member	\$ 89
	RA member	\$ 119
	Non-member	\$ 144

Register for these Specialty Classes!

Check out our fall classes offered at the Rideau Tennis Club!

Everybody can join. Discounted pricing available for RA and LifeFIT members.
For more information, call Member Services.

Belly Dance - Level 2 with Jalilah

For students who have mastered all the movements in "Belly Dance for Fitness" and wish to continue learning more advanced movements and routines.

FALL Session (*no class Oct 11*)

Mon Sep 13 - Dec 06 7:30 - 8:30pm 1268

WINTER Session

Mon Jan 10 - Mar 28 7:30 - 8:30pm 1536

Fees: LifeFIT member	\$ 89
RA member	\$ 119
Non-member	\$ 144

Yoga with Pat Dymond

LifeFIT at the Rideau Tennis Club

A challenging yoga class that will stretch and tone your body with an emphasis on focus and detail. You will use basic postures and breathing techniques as you develop your yoga practice.

FALL Session

Wed Sep 15 - Dec 01 6:00 - 7:15pm 1299

Fees: LifeFIT member	\$ 99
RA member	\$ 129
Non-member	\$ 154



Add some



Punch
to your fitness routine!

Beach Body Boxing

with Geoff Griplas

Tuesdays • 6:00 to 7:00 p.m.
September 14 to November 2

Thursdays • 6:00 to 7:00 p.m. OR 7:15 to 8:15 p.m.
September 16 to November 4

LifeFIT Canada Centre at the RA's Rideau Tennis Club
1 Donald Street, Ottawa, ON 613-749-6126

Join this high energy workout based on the exercises boxers use to keep fit. Geoff will coach you on boxing technique, hitting pads, circuit training and core work. This is a non contact workout great for all fitness levels. All gloves and equipment are provided.

Cost	1 day/week	2 days/w
LifeFIT Member:	\$ 89	\$ 119
RA Member:	\$ 119	\$ 149
Non-member:	\$ 144	\$ 174

Yoga

LifeFIT Canada Centre at the RA's Rideau Tennis Club
1 Donald Street, Ottawa, ON 613-749-6126

Yoga with *Pat Dymond*

A challenging yoga class that will stretch and tone your body with an emphasis on focus and detail. You will use basic postures and breathing techniques as you develop your yoga practice.

Upcoming FALL Session Rideau Tennis Club - LifeFIT Studio

Wed Sep 15 - Dec 01 6:00 - 7:15pm
(no class Sat, Oct 9)

Fees: LifeFIT member \$ 99
RA member \$ 129
Non-member \$ 124

New!!!

Saturday YogaFIT

This class is a great way to begin your yoga practice and restore your energy.

Upcoming FALL Session Rideau Tennis Club - LifeFIT Studio

Sat Sep 18 - Dec 11 9:00 - 10:00am
(no class Sat, Oct 9)

Fees: LifeFIT member Free
RA member \$ 99
Non-member \$ 124

Registration Information - Payment by VISA, MasterCard, American Express, cheque, cash or Interac accepted.



Register in person:
Registration can be completed at the Member Services Desk.

Monday to Sunday 7:30am to 10:00pm
Statutory holidays 8:00am to 8:00pm



By telephone:
Call the RA Centre's registration line at 613-736-6224.

Monday to Friday 11:00 am to 5:30 pm
Please have your credit card ready when you call.



On-line:
RA members and non-members are welcome to register for any program that has a program code using the **Play RA on-line** registration service. Visit the RA's website at www.racentre.com and click on the **Play RA on-line** icon. Please have your credit card ready when you register. Please note: **LifeFIT members** should register in person or by phone in order to take advantage of the discount available to them.