



LOW-IMPACT CLASSES -MUSCLE CONDITIONING & CARDIOVASCULAR CLASSES

Yoga- Yoga is an excellent way to lengthen and strengthen your whole body while working on flexibility. This class is suitable for beginners to advanced yogis and combines Vinyasa (flow) postures with other yoga styles to invigorate your mind, body and spirit! As part of a regular exercise routine, yoga helps reduce stress, improves sleep and concentration and promotes overall well-being. (Level 1) **Class size=24**

Step 1-This class is designed for the new stepper to introduce step choreography in order to help the participant understand the terminology and associated step moves. (Level 1) **Class size=21**

Ab Blast-This ½ hour class will follow chosen cardio classes, focusing on the abs and back proportionately. Learn how to target the abdominal muscles correctly to achieve full benefit of your efforts. It's short, to the point, it's a BLAST! (Level 1-3) **Class size=24**

MODERATE TO HIGHER IMPACT CLASSES - MUSCLE CONDITIONING & CARDIOVASCULAR CLASSES

Step (2)- This program is designed for the intermediate participants who are familiar with step combinations. It is a total body conditioning group exercise class that will give you an intense cardiovascular workout. (Level 2) **Class size=21**

Get Ripped - *NEW* This workout will challenge all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. We'll start off with lifting lighter loads at high reps to increase your muscular endurance. Get ready to work with dumbbells, and other equipment from time to time for a full body workout. Be prepared to be challenged, and enjoy a great sweat! NO COORDINATION Necessary! This is a straight forward muscle conditioning workout! (Level 2) **Class size=18**

Circuits - This class will introduce participants on how to use a variety of equipment in order to tone their muscles and raise their heart rate to get a full body workout. The majority of the class will include exercises set up in stations so that participants can work out on their own at their own pace. The equipment being used may include: Body Bars, Bands, Medicine Balls, BOSUs, Stability Balls and Steps. (Level 2) **Class size=18**

Jump Rope & Muscle Conditioning: 2 to 3 minute non-stop jumping action mixed with intervals of lower and upper body-sculpting and core conditioning training. Bars, Bands, weight balls and Bosu may be used during the sculpting components. (Level 2) **Class size=15**

Karate: Develop Physical and mental vitality and enjoy relaxation through learning the way of the Martial Arts. All Atii Members are encouraged to attend and participate in beginner and open classes.

Beginners: Introduction to karate skills and the training system of a martial art. Technical system makes everyone of equal experience equally capable and is designed to strengthen a person in all aspects. Basic self defense techniques, physical training and application of power will be practiced by participants under experienced and careful supervision. Classes begin with 20 minutes of various warm ups followed by 30 minutes skill/technique practice and associated physical training. Class is concluded with 10 minutes of stretching exercises in final preparation for the next class of instruction.

Advanced: Karateka will train alongside beginners during warm-ups and stretching and breaking into separate group for 30 minutes of kihon. Immediately following Tuesday's (Thursdays in brackets) beginner class advanced karateka will train with intensity for 20 (10) minutes of kata, 10 (5) minutes of bonkai and 20 (10) minutes of ippon kumite at the appropriate belt level. Advanced class will conclude with 10 (5) minutes of stretching.

Open Class: Self practice for beginner to advanced karateka. Instruction will be available on request depending on instructor availability.

Inuit Games-This class will focus on instruction of the proper technique of traditional Inuit games. All levels are welcome. **Class size=10**

NOTE:

***There must be 2 or more participants to instruct a class.**

****Class will be cancelled after 15 minutes of either not enough participants or no participants.**

Levels:

- (1) Moves are introduced, alternatives are offered for progression.
- (2) Intermediate, some coordination is required but some basic alternatives will be provided.
- (3) Advanced, alternatives are given for all levels. However, the class is focused on being an advanced, high cardio and challenging workout.

January 2010

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<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<p>Website: www.atifitnesscentre.com</p> <p>ph #: 979-0348 (0FIT)</p> <p><i>As of Dec 28, 2009</i></p> <p>ATI HOURS: MON – FRI: 5:30-10:00 SAT: 9:00am – 6:00pm SUN:10:00am - 5:00pm</p>	<p><u>Levels are listed in brackets beside name of class - see back</u></p> <p>1) Moves are introduced, alternatives are offered for progression. 2) Intermediate, some coordination or fitness is required but alternatives will be provided. 3) Advanced, alternatives are given for all levels. However, the class is focused on being a challenging workout for the advanced participant.</p>	<p><u>FIS N/A</u> Chad: Jan 11 Chantelle: Cindy: Christine: Crystal: Jess: Jan 25 – Feb 1 Rae-lynn: Jan 2 Sharla: Svetlana : Sharina:</p>	<p><u>PT's N/A</u> Chantelle: Eva: Sharla: Tim:</p> <p><u>Karate/Inuit Games N/A</u> Peter : Johnny: Al</p>		<p style="text-align: center;">1 ATI CLOSED FOR HOLIDAYS</p>	<p style="text-align: center;">2 10:30 – 11:30 Step 2 Chantelle Noble</p> <p style="text-align: center;">1:00 – 2:00 Jump Rope & Muscle Conditioning (2) Sharla Mulley</p>
<p style="text-align: center;">3 1:00 – 2:30 Karate (Open Class) Practice for all Levels</p> <p style="text-align: center;">2:30 – 3:30 Yoga (1) Sharina Dodsworth</p>	<p style="text-align: center;">4 5:45-6:45 Circuits (2) Chad Aramburo</p> <p style="text-align: center;">6:45-7:15 Ab Blast (1) Sharla Mulley</p>	<p style="text-align: center;">5 5:45-6:45 Step (1) Crystal Tobin</p> <p style="text-align: center;">7:30-8:30 Karate (Beginners) 8:30 – 9:30 Karate (Advanced) Peter (IKC)</p>	<p style="text-align: center;">6 5:45-6:45 Pilates Cindy Cowan</p>	<p style="text-align: center;">7 5:45-6:45 Step 2 Jessica Dewar</p> <p style="text-align: center;">7:30-9:00 Karate (All Levels) Inuksuk Karate Club Peter</p>	<p style="text-align: center;">8 5:45-6:45 Step (1) Sharina Dodsworth</p> <p style="text-align: center;">7:45-8:45 Inuit Games Johnny Issaluk</p>	<p style="text-align: center;">9 10:30 – 11:30 Step 2 Chantelle Noble</p> <p style="text-align: center;">1:00 – 2:00 Jump Rope & Muscle Conditioning (2) Rae-lynn Aramburo</p>
<p style="text-align: center;">10 1:00 – 2:30 Karate (Open Class) Practice for all Levels</p> <p style="text-align: center;">2:30 – 3:30 Yoga (1) Sharina Dodsworth</p>	<p style="text-align: center;">11 5:45-6:45 Circuits (2) Sharla Mulley</p> <p style="text-align: center;">6:45-7:15 Ab Blast (1) Sharla Mulley</p> <p style="text-align: center;">7:15– 9:00 IFS Board Meeting</p>	<p style="text-align: center;">12 5:45-6:45 Step (1) Crystal Tobin</p> <p style="text-align: center;">7:30-8:30 Karate (Beginners) 8:30 – 9:30 Karate (Advanced) Peter (IKC)</p>	<p style="text-align: center;">13 5:45-6:45 Pilates Cindy Cowan</p>	<p style="text-align: center;">14 5:45-6:45 Step 2 Jessica Dewar</p> <p style="text-align: center;">7:30-9:00 Karate (All Levels) Inuksuk Karate Club Peter</p>	<p style="text-align: center;">15 5:45-6:45 Step (1) Sharina Dodsworth</p> <p style="text-align: center;">7:45-8:45 Inuit Games Johnny Issaluk</p>	<p style="text-align: center;">16 10:30 – 11:30 Step 2 Chantelle Noble</p> <p style="text-align: center;">1:00 – 2:00 Jump Rope & Muscle Conditioning (2) Rae-lynn Aramburo</p>
<p style="text-align: center;">17 1:00 – 2:30 Karate (Open Class) Practice for all Levels</p> <p style="text-align: center;">2:30 – 3:30 Yoga (1) Sharina Dodsworth</p>	<p style="text-align: center;">18 *NEW*</p> <p style="text-align: center;">5:45-6:45 Get Ripped (2) Chad and Sharla</p> <p style="text-align: center;">6:45-7:15 (1) Ab Blast Sharla Mulley</p>	<p style="text-align: center;">19 5:45-6:45 Step (1) Crystal Tobin</p> <p style="text-align: center;">7:30-8:30 Karate (Beginners) 8:30 – 9:30 Karate (Advanced) Peter (IKC)</p>	<p style="text-align: center;">20 5:45-6:45 Pilates Cindy Cowan</p>	<p style="text-align: center;">21 5:45-6:45 Step 2 Jessica Dewar</p> <p style="text-align: center;">7:30-9:00 Karate (All Levels) Inuksuk Karate Club Peter</p>	<p style="text-align: center;">22 5:45-6:45 Step (1) Sharina Dodsworth</p> <p style="text-align: center;">7:45-8:45 Inuit Games Johnny Issaluk</p>	<p style="text-align: center;">23 10:30 – 11:30 Step 2 Chantelle Noble</p> <p style="text-align: center;">11:30 – 12:45 Instructors Meeting</p> <p style="text-align: center;">1:00 – 2:00 Jump Rope & Muscle Conditioning (2) Rae-lynn Aramburo</p>
<p style="text-align: center;">24 / 31 1:00 – 2:30 Karate (Open Class) Practice for all Levels</p> <p style="text-align: center;">2:30 – 3:30 Yoga (1) Sharina Dodsworth</p>	<p style="text-align: center;">25 *NEW*</p> <p style="text-align: center;">5:45-6:45 Get Ripped (2) Chad and Sharla</p> <p style="text-align: center;">6:45-7:15 Ab Blast (1) Sharla Mulley</p> <p style="text-align: center;">7:15 – 9:00 IFS Board Meeting</p>	<p style="text-align: center;">26 5:45-6:45 Step (1) Crystal Tobin</p> <p style="text-align: center;">7:30-8:30 Karate (Beginners) 8:30 – 9:30 Karate (Advanced) Peter (IKC)</p>	<p style="text-align: center;">27 5:45-6:45 Pilates Cindy Cowan</p>	<p style="text-align: center;">28 5:45-6:45 Step 2 Crystal Tobin</p> <p style="text-align: center;">7:30-9:00 Karate (All Levels) IKC Peter</p>	<p style="text-align: center;">29 5:45-6:45 Step (1) Sharina Dodsworth</p> <p style="text-align: center;">7:45-8:45 Inuit Games Johnny Issaluk</p>	<p style="text-align: center;">30 10:30 – 11:30 Step 2 Chantelle Noble</p> <p style="text-align: center;">1:00 – 2:00 Jump Rope & Muscle Conditioning (2) Rae-lynn Aramburo</p>