

THE WELLINGS



613-471-1515 • fitnesspowers@gmail.com

At Fitness Powers we provide Health Sense Fitness.

All of our group training sessions provide opportunities for individuals; to improve their quality of life, to reduce their risk factors and, to create a sense of well-being and optimism about their future. Our summer schedule focuses on the improvement of one or all of the following; health education, weight management, nutrition education, cardiovascular, strength, endurance, flexibility, balance and posture improvement.

DAY	PROGRAM	TIME	TRAINER
MONDAY	Circuit Fit	10:00am - 10:45am	Tracy Reid
	Simply Fit	11:00am - 11:45am	Penny McRae
TUESDAYS	Chair Piloga Powers	10:30am - 11:15am	Penny McRae
	Floor Supervision / Weight Room Orientations	1:00pm - 2:30pm	Maggie Juffs
WEDNESDAYS	Simply Fit	10:30am - 11:15am	Penny McRae
THURSDAYS	Circuit Fit	10:00am - 10:45am	Millie Mennacher
	Floor Supervisions / Weight Room Orientations	11:00am - 12:00pm	
FRIDAYS	Piloga Powers	10:30am - 11:15am	Tracy Reid

GROUP TRAINING / FITNESS CLASS DESCRIPTIONS

PILOGA POWERS™

Drawing in on the foundations of Pilates & yoga, these conditioning routines bring awareness to structural and muscular imbalances of the body. Gentle yet effective.

We use the chair in Chair Piloga Powers

CIRCUIT FIT

This low impact program is perfect for beginners or seasoned workout enthusiasts. It alternates between cardio and strength training stations emphasising balance, strength, flexibility and core. We will constantly challenge you to improve your abilities so you can strive to a new level of being fit physically and mentally.

SIMPLY FIT

This program has been designed to increase bone density, range of motion, strength, balance, and flexibility for those with health restricting issues. Great for beginners or those with mobility challenges. This class starts you on your way to living a better quality of life.

To Register visit www.fitnesspowers.ca or contact us at Fitness Powers