

FITNESS PROGRAMS



FIT IN 40

Don't have much time? This is a 40 minute class that you can do on your lunch hour. Classes include cardio, strength and core training designed to help you get the most out of your workout in the least amount of time!

CARDIO CRAZY

Blast fat and tone the body! Enjoy a sweaty challenge! Every class is something different and you never know what you're going to get, making each session a real surprise!

SUSPENSION TRAINING +

A total body workout for all fitness levels! Build strength, improve balance, mobility, and flexibility at the same time using your own body weight and strength training equipment! You will be led through a series of exercises that targets every inch of your body (especially your core) and helps build beautiful, lean muscle. Perfect for everyone; elite athletes to beginners.



DYNAMIC MOBILITY STRETCHING

Mobility- the ability to move freely and easily! Mobility classes can be added to your weekly routine before/after workouts or on rest days to improve your strength levels via better positioning. Stretching also decreases your potential for injury by improving joint range of motion, decreasing soreness and increasing recovery potential. This Dynamic Mobility Stretching class will increase your quality of life.

PROGRESSIVE FITNESS TRAINING

The ultimate intensity of strength and stamina! This is a high level boot camp meets cross training class bringing together powerlifting, agility, endurance and obstacles. Geared for men & women looking for challenge to add to their life! Not only will this class be fun...but it will push you towards your personal fitness goals.

WR CARDIO CIRCUIT

Are you looking to lean out? Get a great body? And do it while saving time? You need a good circuit training workout! Using a combination of fitness/ weight room equipment, body resistance and bands you are sure to enjoy this quick full body workout!

BARRE

An amazing workout combining the best elements of pilates, sports conditioning and flexibility training.

PLAYROOM AVAILABLE!

This playroom is for those participating in a fitness class in the WFTR. This small playroom is a place for your children to play while still under your supervision during your workout. Whether they read, play games, or watch a video...this gives you a chance to work out while your little one is entertained!

ADULT PROGRAMS

ADVENTURE "HARD CORE" BOOTCAMP

Our programs guarantee RESULTS...commit to our Hard Core program and you won't regret it! Train & prepare for the summer season on your personal goals, or maybe the Tough Mudder competition in Whistler BC June 17th & 18th OR Mudd, Sweat & Tears June 10th in Prince George. Exercise programs should NEVER be taught in a "one size fits all" mentality! Adventure Boot Camp is designed so you see results quickly... usually within one month! This unique class will work your entire body!

Expect the unexpected with each and every class to challenge yourself as we work you out boot camp style using core conditioning, obstacle courses, Pilates, drills, strength training, circuit training, stretching and much, much more! Tough Mudder drills, Body Rock techniques...are you up for it? Boot camp members can expect to:

- Burn 400-600 calories per class
- Lose inches & body fat
- Increase flexibility & strength
- Reduce stress & boost self esteem
- Increase cardio & muscular endurance
- Learn proper exercise techniques
- Location will vary throughout Quesnel!

19158

Monday/Wednesday

May 01 – June 26 (No class May 22)

15 classes

5:30-6:30pm

\$122.50/\$153.00 Incl. tax



ADAPTED FITNESS

This special needs adapted fitness class incorporates everything you need for a well-rounded fitness class. This class is very well attended and popular!

Mondays Drop-In

Dates: April 10 & 24, May 08, June 12 & 26

1:00pm – 2:00pm

\$1.65 per person

CORPORATE TRAINING (Private Classes)

Get a group of co-workers or friends together for a private class. Our trainers can design a workout that suits your needs!

Contact Richard at 250-992-8200 for more information!

GET HEALTHY QUESNEL 10 reasons why exercise is important!

1. Improves quality of life
2. Reduces the risk of heart disease
3. Improves the quality of sleep
4. Enhances self-image
5. Relieves stress and anxiety
6. Relieves depression
7. Can slow the aging process
8. Improves mental sharpness
9. Increases good cholesterol
10. Prevents certain types of cancer

AQUATICS SPECIAL SERVICES



SWIM PROGRAMS FOR THOSE WITH SPECIAL NEEDS

Quesnel Leisure Services department offers one-on-one swim instruction for those with special needs. Call us at 250-992-8200 for further information or to book your lessons.

\$15 per 30 minute lesson/\$18.75 (non-resident)

PRIVATE SWIMMING LESSONS

If one-on-one instruction suits your needs, call or drop by the Quesnel Arts & Recreation Centre to fill out a private lesson request form. We will schedule your private lessons on the times, dates and with the instructor you prefer whenever possible.

\$24.15 per 30 minute lesson / \$28.75 (non-resident)

\$17.35 per person - 30 minute lesson (semi-private 2 people) / \$20.50 per person (non-resident)

Note: Adult bookings will have tax added to the prices



FREE SWIM EVALUATIONS

Not sure which level to register your child in? Drop by or give us a call at 250-992-8200 to set up your free swim evaluation!

CUSTOM DESIGNED PROGRAMS FOR SWIMMING or FIRST AID

Problems fitting into our regular program schedule? Contact Dianne at 250-991-4012. A program can be arranged for you on the days and times of your choice for 3 or more participants for swimming and 5 or more for First Aid/CPR

AQUATIC PERSONAL TRAINING AND THERAPY

Get one-on-one aquatic personal training and add a new angle to your workout program using the natural resistance of the water.

We will set up a program designed specifically to help you reach your fitness and therapy goals. Programs for people with cardiovascular disease, pulmonary disease, Parkinson's, Multiple Sclerosis, Arthritis, Fibromyalgia, functional and age related problems, motor vehicle accidents and concerns with back, hip, knees, shoulders and ankles will find this very helpful.

Try a program before and after your knee or hip replacement surgery!

Please contact us at 250-992-8200 or drop by the Arts & Recreation Centre to book your free consultation.

Cost per 30 minute session after consultation is \$31.60/\$39.50

Cost per 60 minute session after consultation is \$63.20/\$79