

Drop-in Land Fitness Schedule Effective Sep 22-Dec 31



NO CLASS OCT 11, NOV 11, DEC 24 and 31. Instructors, schedule and class sizes may change without notice

Time	Monday	Tuesday	Wednesday	Thursday	Friday-Sunday
7:30-8:15am			New! Strength & Mobility		
7:45-8:30am	Early Bird Fitness				
8:45-9:45am	New! Circuit Class			New! Circuit Class	
8:45-9:45am		Full Body	Step & Strength	Sculpt	Body Moves (Friday)
8:55-10:10am	Mixed Impact				
10:00-10:45am		New! Spin Express Must Reserve		New! Spin Express Must Reserve	
5:30-6:15pm			Happy Wednesday Yoga		
4:30-6:30pm					Ki Aikido (Sunday)

DESCRIPTIONS:

Mixed Impact: A balanced workout.

Step & Strength: Using a variety of equipment with a step.

Sculpt: Using a variety of equipment such as step, balls and bands.

Full Body: A full body aerobic strength workout.

Early Bird Fitness: A mixed variety of strength exercises.

Body Moves: A full body workout.

Ki Aikido: This defensive art develops stability and confidence.

Happy Wednesday Yoga: Easy relaxing breath work and poses.

New! **Strength & Mobility:** Improve strength and balance. Created for Mature Adults.

New! **Circuit Class:** A weight room class with an instructor, music and fun.

Spin Express: Start pedalling in this fun 45-minute spin class! Must reserve at least one day prior.



Staff Profile: Maya



My family and I moved to West Kelowna three and a half years ago. We LOVE the Okanagan! I have been working at JBMAC as a certified and licensed Zumba instructor (Land and Aqua) and as a Kid's Dance instructor for over two years now. It has been an

honor to be a part of the JBMAC family. When you see me dancing and laughing in class it's contagious, I'll make you want to dance and laugh out loud too! Shake it and dance like it's nobody's business.

Tot Watch 6mth-5yrs (J)

Exercise at our facility, while your children enjoy a safe, supervised play time (max 1.5hrs/day). Spots are available on a first come, first serve basis. See page 24 for full description.

M-F

8:45-11:00am

Weight/Circuit Room (UNSUPERVISED)



10-Atlantis weight stations: leg press, leg curl, seated row, chest press, pec deck, shoulder press (converging), triceps, biceps curl, abductors, adductors.

2 Elliptical Trainers

5 Treadmills

1 Spin Bike

1 Recumbent Bike

1 Max Trainer

1 Stair Master-Step Mill

Ab Coaster

Free Weights

PERSONAL TRAINING:

Looking for a personal trainer? Please call 778-797-7665 for more information and let our professionals get you started!

Please call the front desk to schedule an orientation.

Please bring a towel, indoor workout shoes and **BE PREPARED TO PARTICIPATE.** This 45-minute orientation will show you the safe and correct usage of the equipment prior to using the Weight/Circuit Room.

Scheduled Orientations: \$7/person

Private/Group Orientations: \$32/hr

JOHNSON BENTLEY
MEMORIAL AQUATIC CENTRE

778-797-POOL