

# Wabasca Water World & Fitness Centre

## Fitness Schedule Jan 4<sup>th</sup>-March 31<sup>st</sup> 2012

**-Mondays: Start January 9<sup>th</sup> – March 5<sup>th</sup> (8 week Program) 5-6 Pm**

### **Community Weight Loss Challenge (CWLC)**

New Look! New you!! Start the New Year in the right direction, join us for our community weight loss challenge & lets make this the best time of our lives!! ~February 13<sup>th</sup>-27<sup>th</sup> *All Star Challenge!!*~

**-Tuesdays: Start January 3<sup>rd</sup>- March 27<sup>th</sup>**

### **5:00-5:25 PM: \*GTL\*- Glutes, Thighs and Lower Body**

A 25-minute strength-training workout that targets a specific area: the lower body!

**Length:** 25 minutes

### **5:30-5:55 PM: \*Abs and Low Back**

Challenge the muscles of your abdominal and lower back regions in this non-stop, 25-minute class.

The perfect supplement to your current workout routine!

**Length:** 25 minutes

**-Wednesdays: 5:30-6:25 Pm-Start January 4<sup>th</sup>-March 28<sup>th</sup>**

### **Basic Step**

Learn the basic moves and language of step aerobics while getting a great workout!

**Length:** 55 minutes

**Aqua size:** Mondays & Wednesdays 5-6- Pm Start Date:2<sup>nd</sup> ~Instructor: *Chelsey Alook*

*~Wabasca Water World & Fitness Centre Teaming up with Northland School Division striving for a healthier Future!! ~ School Programs*

**-Wednesdays: 3:30-4:30 Pm January 11<sup>th</sup>**

**"Apple Schools After School Fitness Program" at St. Theresa School**

Just for kids, high energy & fun filled workout session! Ages 10-11 yrs old

To Register: Contact Nandia Narine @ (780) 891-3833

*For more information Call (780)891-3900*



*Brought to you by your fitness Trainers: Ashley Guild & Rabi ibdah*

# *Get Wet, Get Fit, Have Fun!!*