

EquiFITT.com Personal Fitness Training

FALL FITNESS BOOTCAMPS: Get fit & lean!

SMALL GROUPS: it's like semi-private personal training for the low cost of a group class, and you get the workout that fits your needs. Comparable workouts cost \$20-25 per class, and have up to 20 people in the class. Equifitt classes have an average of 6 people, are limited to no more than 12, and cost for a class series breaks down to \$15 or less depending on your training package.

DON'T BE INTIMIDATED BY THE WORD BOOTCAMP: Classes for all fitness levels. Small class size ensures your needs can be accommodated. Whether you're a marathon runner, have bad knees, or just need to take it slow, you'll be sweating and smiling.

CAN'T COME EVERY SINGLE WEEK?: One class per month can be used to attend a class at a different time. You can also send a friend/relative instead.

You need to come to a bootcamp with a yoga or exercise mat, and exercise ball. Kickbox classes are an exception.

BodySculpt : Total body intense workout that gets your heart pumping. Get ready to sweat! Lower impact variations are provided for older bodies/injury recovery considerations.

Yummy Mummy: Blast baby-fat with a total body lower impact workout that targets abs and thighs. (gentle workout for getting back into shape). Non-moms can also come, as long as you don't mind the interruptions which may happen for toddlers. Toddlers/infants are welcome onsite.

Gentle Bootcamp: Total body workout at a much gentler pace. Class will be geared to accommodate participants who are older, recovering from injury, or relatively unfit and need to start slow.

Hard-Core Core: Serious core workout ideal for runners, athletes of all ages, equestrians. Let your 6-pack loose!

Intro Cardio KickBox: Beginner level cardio kickboxing. Come try a great total body workout that helps you de-stress. Don't worry about keeping up- classes are done at the pace of the people in the room. Get fit and have fun!

Equestrian: All of the above classes are suitable cross training for equestrians due to emphasis on total body conditioning, core strength and balance. Equestrian specific classes are also run in order to target specific strength balancing, and flexibility issues created through riding. NON-RIDERS WHO PREFER A LOWER IMPACT WORKOUT, WITH MORE TIME FOR CORE AND STRETCHING WOULD ALSO BENEFIT FROM AND ENJOY THE EQUESTRIAN CLASSES. No equestrian experience required. No horses are involved.

EQUIFITT BOOTCAMP & CLASS SCHEDULE

Sept. 8- Dec 17

Unless otherwise indicated, classes will be held right in Kemptville.

	<u>DAY</u>		<u>EVENING</u>	
Monday	6:30-7:15	Sculpt	6:30-7:15	Sculpt
	8:30-9:00	Gentle	7:15-7:45	Core
	9:00-9:45	Yummy		
Tuesday		PersonalProgram ***	6:00-6:45	Equestrian/ Low-Impact *
	12:00-12:45		7:15-7:45	Kick
			7:45-8:15	Core
Wednesday	6:30-7:15	Sculpt	5:15-5:45	Gentle
	8:30-9:00	Gentle	5:45-6:15	Kick
	9:00-9:45	Yummy	7:15-8:00	Equestrian/ Low Impact **

Equestrian workouts: also suitable for non-equestrians seeking low-impact workout with focus on core strength, muscle balancing and flexibility

* University of Guelph, Kemptville Campus, registration through the college at: 613-258-8336, ext. 61619.

** Held at Vernon Community Centre

*** Personal Program is a training lab at Kemptville Campus weight room: get an individualised program, and small-group personal training, registration through Kemptville Campus 613-258-8336, ext. 61619.

All other classes register through Equifitt either by contacting Equifitt, or in person at Farrah Dance Works in Downtown Kemptville from 5-7pm on Friday, August 29.

Fitness Package Registration Fees

Classes

	2 Months	Savings	Full Term	Savings
One Class Series	\$110		\$205	\$15
2 Classes/People	\$180	\$40	\$340	\$100
3 Classes/People	\$240	\$90	\$460	\$200

Total Fall Fitness Blast Packages*

	4 Sessions	Savings	8 Sessions	Savings
45 min. Personal Training	\$160		\$290	\$30
with 1 Class	\$230	\$40	\$370	\$60
with 2 Classes	\$310	\$70	\$450	\$90

* Studio pricing. GST add. Prices are slightly higher for training in your home.

For more information, or to register in advance of Friday, August 29, contact

Equifitt at: (613) 258-4866 personaltraining@equifitt.com

www.equifitt.com