

## ORIENTATIONS & FITNESS PROGRAMS AND WORKSHOPS

### Downtown Y

#### ORIENTATIONS

Please inquire at Membership Services for your **free members' orientations** to our fitness equipment.

#### FITNESS PROGRAMS

<b>WOMEN AND WEIGHTS</b>	Do you want to learn techniques to tone and strengthen your body? This 4 week program will pair you with a personal trainer in an encouraging group with other women.			
	Dates	Day	Time	Member only
Introduction	May 1-May22 June 5-June 26 July 3-July 24	Thursday	6:30-7:25pm	Included
	Wishing to continue on the journey you started in Women and Weights Level 1? Join us for continued challenge and fun.			
Continuing	May 1-May22 June 5-June 26 July 3-July 24	Thursday	7:30-8:30pm	Included

<b>7 WEEK TOTAL BODY RENEWAL</b>	Weight-loss and fitness program. Cost includes consultation. Begin with a 30 minute consultation (your personal trainer will contact you to set up the appointment). Next, attend two 1-hour sessions per week with your trainer for 7 weeks.			
	Dates	Day	Consultations available during these times:	
Consultation	April 29 <i>or</i> July 2	Tuesday/Wednesday	9:00am-12:00pm	
	May 1 <i>or</i> July 3	Thursday	9:00am-12:00pm	
<b>GROUP 1</b>	Date	Day	Time	Member only
	May 6-June 20 July 8-August 21	Tuesday & Thursday	10:00-11:00am	Included
<b>GROUP 2</b>	Date	Day	Time	Member only
	May 6-June 20 July 8-August 21	Tuesday & Thursday	11:00am-12:00pm	Included

No classes on statutory holidays

DTY = Downtown Y VWY = Vic West Y

## FITNESS WORKSHOPS

Please watch for our internal postings about up-coming fitness seminars geared for fitness individuals like you.

<b>RAMP IT UP!</b>	Learn how to make simple changes to your exercise routine to add more variety and challenge to your workouts. Claudia Earl, of Able Bodies Personal Training, presents this interactive workshop.						
	Dates	Day	Time	Instructor	Location	Member	Non-Member
	May 4	Sunday	12:00-1:00pm	Claudia Earl	DTY	Included	Drop-in fee
<b>INJURY PREVENTION FOR RUNNERS</b>	Join Medical Exercise Specialist, Astrid Whiting of Synergenix Fitness and learn the seven strategies that reduce the risk of all running injuries.						
	Dates	Day	Time	Instructor	Location	Member	Non-Member
	May 13	Tuesday	6:00-7:00pm	Astrid Whiting	DTY	Included	Drop-in fee
<b>WHOLE BODY TRAINING WITH INTENSITY</b>	You control weight or cardiovascular training results by your thoughts and by your training intensity. Find out how to improve your efficiency, decrease workout time and take longer rest periods.						
	Dates	Day	Time	Instructor	Location	Member	Non-Member
	May 28	Wednesday	7:00-8:00pm	Blaise Eagleheart	DTY	Included	Drop-in fee
<b>7 FITNESS STRATEGIES THAT GUARANTEE SUCCESS</b>	Join Medical Exercise Specialist, Astrid Whiting of Synergenix Fitness and discover why many fitness programs fail to yield results. Uncover the secrets that will guarantee your fitness success and learn to easily apply these seven strategies to your exercise regime.						
	Dates	Day	Time	Instructor	Location	Member	Non-Member
	June 12	Thursday	6:00-7:00pm	Astrid Whiting	DTY	Included	Drop-in fee
<b>WHOLE BODY STRETCHING</b>	A new way to stretch—focus on muscle contraction and release. The efficiency of movement through a joint (or multiple joints) depends on the working relationships of two or more integrated muscle patterns and how you mentally create the function and purpose of the movement.						
	Dates	Day	Time	Instructor	Location	Member	Non-Member
	June 25	Wednesday	7:00-8:00pm	Blaise Eagleheart	DTY	Included	Drop-in fee

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[www.victoriay.com](http://www.victoriay.com)

Charitable Registration No. 10822-5566-RR0001

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