

ORIENTATIONS & FITNESS PROGRAMS AND WORKSHOPS

Downtown Y

ORIENTATIONS

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

FITNESS PROGRAMS

WOMEN AND WEIGHTS																			
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.																			
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Have you been strength training and lost enthusiasm, not seeing results or need a new strategy? Get recharged with this 4 week Group Personal Training Program.																			
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7 WEEK TOTAL BODY RENEWAL											
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.											
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No classes on statutory holidays

DTY = Downtown Y VWY = Vic West Y

www.victoriay.com

Charitable Registration No. 10822-5566-RR0001

Downtown Y
 851 Broughton Street, Victoria BC V8W 1E5
Phone: 250.386.7511 **Fax:** 250.380.1933

Vic West Y
 521 Craigflower Road, Victoria BC V9A 6Z5
Phone: 250.388.6120 **Fax:** 250.388.6455

FITNESS WORKSHOPS

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

EXERCISE TO MAINTAIN WEIGHT LOSS AND HEALTH	Train in stages, learn how to keep your heart at a rate to maximize fat-burning efficiency, and learn the importance of incorporating strength training into your routine.						
	Dates	Day	Time	Instructor	Location	Member	Non-Member
	January 17	Wednesday	7:00-8:00pm	Scot Simpson PT, BSC	DTY	included	1/\$10
STRETCHING	Learn a new way to stretch by focusing on contracting and releasing muscles. The efficiency of movement through a joint (or multiple joints) depends on the working relationships of two or more integrated muscle patterns.						
	Dates	Day	Time	Instructor	Location	Member	Non-Member
	January 21	Monday	7:00-8:00pm	Blaise Eagleheart	DTY	included	1/\$10
SELF TALK	Learn how to make good choices. Self talk determines the flow and strength of the body's energy field. Self talk before, during and after your workouts can weaken or strengthen your performance.						
	Dates	Day	Time	Instructor	Location	Member	Non-Member
	February 18	Monday	7:00-8:00pm	Blaise Eagleheart	DTY	included	1/\$10
COMMON SPORTS/TRAINING INJURIES	Scott speaks about the simplified anatomy and functional mechanics of common sports-related injuries. Scott will also show you preventive exercises and give you basic treatment guidelines.						
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