

## 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.					
	Dates	Day	Time	Instructor	Member	Non-Member
Introduction	January 10-January 31 February 7-February 28	Thursday	6:30-7:25pm	Fern Esau-Quagliotti	Included	4/\$59
	March 6-March 27 April 3-April 24	Thursday	6:30-7:25pm	Fern Esau-Quagliotti	Included	4/\$59
	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.					
Continuing	January 10-January 31 February 7-February 28	Thursday	7:30-8:30pm	Fern Esau-Quagliotti	Included	4/\$59
	March 6-March 27 April 3-April 24	Thursday	7:30-8:30pm	Fern Esau-Quagliotti	Included	4/\$59

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.					
	Dates	Day	Consultations available during these times:			
Consultation	January 8 <i>or</i> March 4	Tuesday	9:00am-12:00pm			
	January 10 <i>or</i> March 6	Thursday	9:00am-12:00pm			
GROUP 1	Date	Day	Time	Member	Non-Member	
	January 15-February 28 March 11-April 24	Tuesday & Thursday	10:00-11:00am	Included	14/\$149 14/\$149	
GROUP 2	Date	Day	Time	Member	Non-Member	
	January 15-February 28 March 11-April 24	Tuesday & Thursday	11:00am-12:00pm	Included	14/\$149 14/\$149	

No classes on statutory holidays

DTY = Downtown Y VWY = Vic West Y

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

<b>EXERCISE TO MAINTAIN WEIGHT LOSS AND HEALTH</b>	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
<b>STRETCHING</b>	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
<b>SELF TALK</b>	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
<b>COMMON SPORTS/TRAINING INJURIES</b>	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.						
	Dates	Day	Time	Instructor	Location	Member	Non-Member
	March 17	Monday	7:00-8:00pm	Scot Simpson PT, BSC	DTY	included	1/\$10

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