

## FITNESS CIRCUIT

15 yrs+

This efficient circuit class covers all fitness components for a dynamic and challenging full body workout. Stations combine strength and cardiovascular training using Cybex strength machines, body weight, free weights, and cardio intervals for a more intense workout.

Shape up and have fun!

### Henderson Recreation Centre

Rita Irwin

Sep 3-Oct 29	Tue	7:30-8:30pm	\$82/9	54957
Nov 5-Dec 17	Tue	7:30-8:30pm	\$64/7	54958

## FULL LIFE WORKOUT

15 yrs+

Learn how to use weights safely and have fun at the same time by working through set stations of cardio, strength, balance and core exercises at your own pace. You will increase your own strength, balance, agility, and flexibility in this class.

### Henderson Recreation Centre

Leah Turcot

Sep 3-26	Tue, Thu	Noon-1pm	\$73/8	54973
Oct 1-31	Tue, Thu	Noon-1pm	\$90/10	54974
Nov 5-28	Tue, Thu	Noon-1pm	\$73/8	54975
Dec 3-19	Tue, Thu	Noon-1pm	\$54/6	54976

## TOTAL CONDITIONING CIRCUIT

15 yrs+

These classes combine exercise stations of cardiovascular equipment, exercise balls, BOSUs, TRX, and free weight stations to create a fun and balanced workout. Stations incorporate a variety of training methods to add variety and progression to your workouts that will challenge and motivate with no choreography required.

### Henderson Recreation Centre

Rita Irwin

Sep 3-26	Tue, Thu	6:15-7:15pm	\$73/8	54963
Oct 1-31	Tue, Thu	6:15-7:15pm	\$90/10	54964
Nov 5-28	Tue, Thu	6:15-7:15pm	\$73/8	54967
Dec 3-19	Tue, Thu	6:15-7:15pm	\$54/6	54968

### Henderson Recreation Centre

Leah Turcot

Sep 4-Oct 2	Mon, Wed	5:15-6:15pm	\$82/9	54959
Oct 7-30	Mon, Wed	5:15-6:15pm	\$64/7	54960
Nov 4-27	Mon, Wed	5:15-6:15pm	\$64/7	54961
Dec 2-23	Mon, Wed	5:15-6:15pm	\$64/7	54962

### Drop-in Total Conditioning Circuit classes:

Henderson Recreation Centre

M/W/F 8:15-9:15am • Tue 10:45-11:45am  
Fri 9:30-10:30am

★ This symbol denotes courses which are suitable for beginners.

## Choose Recreation Oak Bay for your next catered event



### Banquets, Cocktail Parties, Licensed Bar at Oak Bay Recreation Centre, 1975 Bee Street

Planning a team social, luncheon, reunion, staff function, meeting, dinner banquet, or cocktail party?

Book your event to suit your needs!

The Sports View Deli, Bar and Grill Restaurant can accommodate 60-120 guests.

The Lounge is a private meeting room great for small group luncheons or meetings.

**Booking Information: 250-595-7946 • 250-370-7112**

Come enjoy your favourite beverage and the great pub fare!

See your team on the 8' x 12' HD TV and don't miss the Live Music Nights.

See page 5 for concert listings

Opens for Fall on September 9

Monday-Friday from 7:30am-10pm

Saturday/Sunday 8am-9pm



Closed on Statutory Holidays.

