

## Parks & Rec. Group Fitness

### Class Descriptions

**Cardio Core:** Revitalize your mind and strengthen your core. The class will include 5 minutes of warm up, 25 minutes of cardio and 30 minutes of core, strength, and balance. Great class for cross training. Improve your performance in all that you do. (Instructor Val)

**Cardio Mix:** Enjoy an ever changing funky mix mingled with dyna-band, dumbbell, and strength exercises. Wind things up with some creative moves and stretching. (Instructor Val)

**Fitness Fun:** This program will include cardio, core, balance, and strength. No experience necessary; just a great attitude and willingness to try a few new things. (Instructor Val)

**Spin Gentle & Core:** New to cardio or spin? Concerns about old injuries? Gentle Spin is the class for you!!!! Build a cardio base with this low impact activity! (Instructor Viv)

**Spintervals:** Start the week off right! Maintain or improve the fitness gains that you made over fall. Cardio on a spin bike! Challenge yourself with this 45 minute interval class. (Instructor Viv)

**Spin & Strength:** This class is performed on adjustable indoor cycling bikes. Pure cardio followed by a strength component and then a stretch. Beginner thru experienced can happen in one class... You work at your own pace and tension. (Instructor Don)

**Core, Strength, Balance & Ab's:** This class will increase your flexibility to bend, twist, and reach. Increase the elasticity of your muscles, extend the range of motion of your joints. All of this combined to make your muscles, ligaments and joints more resistant to injury. (Instructor Val)

**TRX:** Use your own bodyweight to get a complete full body workout using the TRX suspension trainer system! Use the TRX and your body position to adjust the level of difficulty. Fun and challenging! (Instructor Don)

**Yoga:** Join Allison for gentle yoga to help increase flexibility and to strengthen, tone and relax. Bring something to lie on (yoga mat recommended), plus a small blanket.

**Zumba:** Zumba is all about having a great workout. Dance away your worries and have some fun! Comfy clothing and shoes required. Don't miss out on this exciting program. (Monday's with Becki. Wednesday's with Krystal)



### Membership Purchases

In Person at:

Armstrong Spallumcheen  
Parks & Rec Office  
3351 Park Drive (Norval Arena)  
250-546-9456  
armstrong@icesports.com

Our new fitness facility brings to Armstrong and area, a full spectrum of equipment and tools to meet our community's needs! We are a complete facility offering options for cardio vascular fitness, resistance training – via machines, free weights, and functional trainers, as well space to “stretch out” and work on those tight areas!

We are a functional gym focusing on fitness for healthy lifestyles today and improving our life for tomorrow. We are equipped with a variety of tools to help you achieve your fitness and wellness goals.

*Lending Max Fitness Centre  
3375 Pleasant Valley Rd.  
Hassen Arena top floor  
Armstrong, BC*



Armstrong Spallumcheen Parks & Recreation  
Operated by Carlan Management Services Ltd.

*Lending  
Max*

**FITNESS CENTRE**

*Open Daily 5am – 10pm  
Scan fob access for your convenience!*

*Weight & Cardio Room,  
Group Exercise Classes &  
Stretching Area*

**Hassen Arena - Top Floor:**  
3375 Pleasant Valley Rd.  
Armstrong, BC





## Parks & Recreation **INSTRUCTORS**

**Don McLaughlin:** 30 years as a teacher/coach.  
7 years as a spin instructor.

- National Coaching Certification, Level 3
- BCRPA Group Fitness Instructor

**Viv Crow:** Past competitive swimmer and gymnast, current endurance athlete. "Supporter of active living and active aging."

- BCRPA Certified Weight Trainer
- Group Fitness Instructor
- Aqua Fitness Instructor
- NCCP Certified gymnastics and cycling coach

**Val Janzen:** Over 20 years of Group Fitness instruction. Val enjoys teaching and helping people feel good about themselves!

- AFLCA Group Fitness Instructor

## Fitness Center Equipment List

- Smith Machine
- Free Weights
- Leg Press Machine
- Functional Trainer
- Balls/Bands/Bosu/Foam Rollers
- Rowing Machine/ Treadmill/ Elliptical
- Spin Bikes
- Foam rollers
- TRX

## Parks & Recreation Fitness Centre

Initiation Fee: \$10

Pay Upfront:

1 Month \$55  
3 Months \$150  
6 Months \$275  
1 Year \$410

Pre Authorized Payment:

1 Year \$40/mo.

Punch Pass:

10 Punch \$70

Family Plan:

2<sup>nd</sup> member 10% off  
3-5<sup>th</sup> member 20% off

\*Max of 5 person family plan (2 adults and up to 3 minors), a minor is aged 15-18; all members must live at same address, and be billed to one account.

Fitness Class *Drop-In* Prices:

Gym Member \$5  
Non-members \$10

Fob Replacement: \$10



Monday	Tuesday	Wednesday	Thursday	Friday
9-10am Cardio Mix Centennial Hall	9-10am Fitness Fun Centennial Hall	9-10am Cardio Mix Centennial Hall	9-10am Fitness Fun Centennial Hall	9-10am Core, Strength, Balance & AB's Centennial Hall
9-10am Spin & Strength		9-10am Spin & Strength	11am-12pm Yoga Centennial Hall	
10:15-11am TRX		10:15-11am TRX	5:30-6:30pm Spin & Strength	
6-7pm Cardio Core Centennial Hall	6:30-7:30pm Spin & Strength	6-7pm Cardio Core Centennial Hall	6:45-7:30pm TRX	
5:15-6pm Gentle Spin & Core	7:45-8:30pm TRX			
6:30-7:30pm Zumba Len Wood School		6:30-7:30pm Zumba Len Wood School		

\*Current gym members can access fitness classes at a cost of \$5/class paid in cash to the instructor if space is available!

Drop-in Classes