

PROGRAMS FOR CHILDREN

BULLY PROOF for elementary school age children.

Fee: \$20 per child - \$15 for each additional sibling

Dates: Saturday, October 3 or Feb. 6 or April 17

Time: 2:00-4:30pm

Instructors: Johanne & Frank Zinck

"Bully Proof" is assertiveness training for kids. This workshop is designed to teach kids how to walk, talk, act and prepare a plan for dealing with bullies. Parents are encouraged to attend this workshop free with their registered children.

BABYSITTING COURSE – Saint John Ambulance

Fee: \$40 per person for Grade 6 or higher

Date: Oct. 23 or March 17 or May 7

Time: 9:00-4:00pm (7:30am drop off for an extra \$2).

Location: Rosaria – Exercise Room

KID'S KARATE & TAE KWON DO – see page 5

DAY CAMPS FOR CHILDREN

For Children entering Grades Primary to 6 in September 2009

Fee: \$35 per day or \$145.00 per week
2nd child receives a 10% discount

Fri. Sept 25:	Back to School Blast
Fri. Oct 23:	Fall Fever
Mon. Nov 16:	Imagination Destination
Fri. Nov 27:	Winter Wonderland
Fri. Feb 12:	Candy Craze
Mar 15-19:	Color Choas - March Break Camp (Register for a day or for the week)
Fri. Mar 26:	Shake, Shimmy and Jive!
Fri. May 7:	Spring Fling

For registration forms phone 457-6420 or
E-mail mount.fitness@msvu.ca or visit us online at
msvu.ca/athletics

the mount Fitness Centre

Not a Student? Not a Problem!
Community Welcome!

Fall 2009

We offer:

- Fitness & Facility Memberships
- Fitness Classes
- Fitness Leadership Training
- Pilates & Yoga
- Dance: Salsa, Fusion, Tango
- Women's Self Defense (WASP)
- Karate & Tae Kwon Do
- Children:
 - o Babysitting Course
 - o Bully Proof
 - o Day Camps
 - o Karate & Tae Kwon Do

To find out more about how to fit us into your daily routine, drop by or give us a call!

HOURS OF OPEATION

Monday-Thursday	6:30am – 10:00pm
Friday	6:30am – 8:00pm
Saturday	7:30am – 6:00pm
Sunday	8:00am – 10:00pm

These are the minimum facility hours and are subject to change.



Phone: 902-457-6420
msvu.ca/fitnesscentre

Membership Information

MEMBERSHIP FEES

Membership Type	1 Mth	2 Mths	3 Mths	6 Mths	1 Year
Unlimited Fitness	\$40	\$70	\$95	\$170	\$290
Unlimited Facility	\$40	\$70	\$95	\$170	\$290
Unlimited Combo Fitness & Facility	\$50	\$90	\$120	\$190	\$320

Day Pass \$6 Must be 18 years of age.

Preauthorized payment plans are available for 6 month and 1 year memberships. Discuss your payment options by phoning 457-6152.

Discounts:

Families	15%	Seniors	20%
Students (18+ yrs)	15%	Corporate (5-15 employees)	20%
MSVU Alumnae	20%		

LOCKER SERVICES

With a facility or fitness membership, you are eligible to rent a Fitness Centre locker:

Fall Term: Sept 1 – Dec 31, 2009 \$20.00
Lock included in fee.

REFUNDS

Membership refunds will be granted within 5 days of purchase.

- If requesting a refund after the fifth day, refunds will be given with:
 - Medical Reason:** Medical certificate indicating the individual can no longer participate in physical activity.
 - Work Related:** Transferred or moving out of province. Letter from employer required to confirm aforementioned facts.
- Instructional Program Refund Policy:** Full refund within five days of first class. After the fifth day, refunds will be given with medical documentation. Refunds will be prorated.

Please Note:

- Refunds will be processed from the date that a written request or medical certificate is received by the Athletics and Recreation Office. All refunds are subject to an administrative fee.
- All refunds will be calculated on the remaining portion of the membership fee and will take approximately 14-21 days to process.

Certifications, Clinics & Programs

Basic Fitness Theory – Module 1

Fee: \$225

Course Date: Sept. 26-27 & Oct. 3

Time: 9:00am- 5:00pm

Exam: Dec. 6 from 10:00am-12:00pm

Entry level module in the Nova Scotia Fitness Association's Certification Program. Module 1 is the prerequisite for Module 2 & 3 below. It is an introduction to the basics of Anatomy, Exercise Physiology, Human Movement (Biomechanics), Nutrition, Safety and Legal Liability. Fee includes manual, materials and exam.

Group Fitness Leader-Module 2

Fee: \$170

Course Date: Nov. 21 & 22

Time: 9:00am - 5:00pm

Exam: Dec. 6 from 10:00am-12:00pm Practical from 1:00-4:00pm

This module includes the practical application of module 1 to on-floor aerobics. Also included are the components of your fitness class, use of music, cueing, teaching methods, choreography and leadership skills. Fee includes manual, materials and exam.

Resistance Leader – Module 3

Fee: \$170

Course Date: Oct. 24-25

Time: 9:00am - 5:00pm

Exam: Dec. 6 from 10:00am-12:00pm - Practical by appointment.

This module includes the practical application of the fitness theory to the Weight Room. Also included are use of equipment and exercises, safety, exercise precautions, exercise technique, training methods and program design. Fee includes manual, materials and exam.

STEP Training for Fitness

Fee: \$45

Course Date: Dec. 6

Time: 1:00 - 4:00pm

This course is based on the Reebok Learn to STEP program.

Participants will learn STEP set up for class, approaches, terminology, movement patterns, use of music and choreography. Prerequisite is Module 2. Fee includes materials.

Women's Awareness Survival Program (W.A.S.P.)

A dynamic, self defense and assertiveness training system for women of all ages (16 yrs and older) and abilities. Participants can sign up for either one with no prerequisite. Girls 12-15 years may attend with a registered adult. Register for both programs for \$45.

→ **Stand-Up Defense:** Saturday, October 24 from 1-5pm Fee: \$25

→ **Ground Defense:** Saturday, November 14 from 1-5pm Fee: \$25

Location: Mount Fitness Centre Exercise Room

Instructors: Johanne and Frank Zinck

Prepare: Dress comfortably with loose fitting clothing.

Sept. 21-27 Try a class FREE! Pilates, Yoga, Dance, Karate, TKD

STOTT PILATES

No Class Oct. 12

Essential I –Once a Week			Fee: \$125
Mondays	6:00-7:00pm	Sept. 21-Nov. 30	Ruth Jackson
Essential I – Twice a Week			Fee: \$125
Tues & Thurs	5:05-6:05pm	Sept. 22-Oct. 22	Margaret Galloway
Essential II –Once a Week			Fee: \$125
Mondays	5:00-6:00pm	Sept. 21-Nov. 30	Ruth Jackson
Mondays	8:00-9:00pm	Sept. 21-Nov.30	Ruth Jackson
Essential II –Twice a Week			Fee: \$125
Tues & Thurs	5:05-6:05pm	Oct. 27-Nov. 26	Margaret Galloway
Intermediate/Advance			Fee: \$125
Mondays	7:00-8:00pm	Sept. 21-Nov. 30	Ruth Jackson
Tuesdays	6:05-7:05pm	Sept. 22-Nov. 24	Margaret Galloway
Holiday Interim Classes (Prerequisite Ess. 1)			Fee: \$25 & \$38
Mondays	7:00-8:00pm	Dec. 7 –Dec. 14	Ruth Jackson
Tuesdays	6:05-7:05pm	Dec. 1-Dec. 15	Margaret Galloway

YOGA – HATHA /KRIPALU

No Class Nov. 11

Beginner Yoga		Fee: \$85	
Wednesdays	7:00-8:30pm	Sept. 23-Nov. 18	Jeannine Saulnier
All Levels Yoga		Fee: \$65	
Fridays	12:05-1:00pm	Sept. 25-Nov. 13	Jeannine Saulnier
Advanced Yoga		Fee: \$115	
Thursdays	6:30-8:00pm	Sept. 24-Nov. 26	Jody Myers

DANCE CLASSES

No Class Oct. 12 & Nov. 11

Salsa Dance	Mambo YoYo Dance Club - Street Salsa Style	Fee: \$80
Wednesdays	8:10-9:10pm	Sept. 23-Nov. 18
		Michael Minshull & Lesley Crowe
Dance Fusion	High energy movements from a range of styles	Fee: \$75
Wednesdays	1:30-2:30pm	Sept. 23-Nov. 18
		Becca MacCulloch
Argentine Tango	Nov. 6 & 7, Nov 20 & 21	Fee: \$145
	André Carrière & Asst: Frances Early Two weekend beginner level workshop. November 14 is a practice session. Students can register for \$100 (limited spots).	

SHOTOKAI KARATE

No Class Oct. 10 & 12

Adult (15 yrs & older)			Randy Veinotte
Fees:		\$350	\$100
Day	Time	Level	4 Terms
Mon	9:00-10:15pm	Advanced	Sept. 21-Sept. 9
Thu	8:15-9:30pm	All Levels	Sept. 24-Sept. 9
Sat	10:00-11:15am	All Levels	Sept. 26-June 12
			Fall Term
			Sept. 21-Dec. 7
			Sept. 24-Dec. 10
			Sept. 26-Dec. 5

* Note: No adult summer sessions on Saturdays in July and August.
Summer Adult Classes are Mondays and Wednesday from 7:15-8:45pm starting June 15

Children's (for ages 7-15)			Randy Veinotte
Beginner Level: Beginner is up to 3 orange tabs			
Fees:		\$190	\$75
Day	Time	Level	3 Terms
Thu	6:45-7:30pm	Beginner	Sept. 24-June 10
Sat	8:30-9:15am	Beginner	Sept. 26-June 12
			Fall Term
			Sept. 24 – Dec. 10
			Sept. 26 – Dec. 5

Intermediate & Advanced Level: Intermediate is orange belt and above – Advanced is brown belt and above.

Fees:		\$190	\$75
Day	Time	Level	3 Terms
Mon	8:15-9:00pm	Advanced	Sept. 21-June 7
Thu	7:30-8:15pm	Inter. & Adv.	Sept. 24-June 10
Sat	9:15-10:00am	Inter. & Adv.	Sept. 26-June 12
			Fall Term
			Sept. 21-Dec. 7
			Sept. 24-Dec. 10
			Sept. 26-Dec. 5

TAE KWON DO

No Class Oct. 11

Adults (15 yrs and older)				Damien Steiger
Day	Time	Level	Fall Term	Fee
Thu	8:10-9:10pm	All Levels	Sept. 24- Dec. 10	\$60
Parents and Children in Primary to Grade 3				Damien Steiger
Day	Time	Level	Fall Term	Fee
Sun	2:15-3:00pm	All Levels	Sept. 27- Dec. 6	\$65 child/parent or \$45 child
Parents and Children Grade 4 to 6				Damien Steiger
Day	Time	Level	Fall Term	Fee
Sun	3:05-3:50pm	All Levels	Sept. 27- Dec. 6	\$65 child/parent or \$45 child

SEPTEMBER 8 – DECEMBER 5, 2009

Time	Mon	Tues	Wed	Thurs	Fri	Sat
9:30 to 10:30	STEP 'n Pump*	Strength 'n Tone*	Cardio Combo	Strength 'n Tone*	STEP 'n Pump*	STEP 'n Pump
Child care service is available from 9:15-10:30am Mon-Fri for \$2 per child.						
12:15 to 1:00	Pilates for Fitness	Yoga Fit	Pilates for Fitness	Yoga Fit		
5:15 To 6:00	Get Fit With STEP		Toning Express			
6:00 to 7:00	BellyFit	Toning Express 6:15-7:00	B.A.S.E. Fitness	Toning Express 6:15-7:00		
7:00 to 8:00		STEP		STEP		
The Mount Fitness Centre reserves the right to cancel any class due to low attendance.						

- B.A.S.E.** A combination class focusing on balance, agility, muscular strength and endurance.
- Belly Fit** A combination of a variety of dances (Belly, Bollywood, Bhangra, & African) as well as Pilates and Yoga in a fitness class format.
- Cardio Combo** Combo class focusing on a variety of cardio exercises.
- Get Fit with STEP** Introduction to the STEP Reebok program.
- Pilates For Fitness** The STOTT method of Pilates taught in a fitness class format.
- STEP** An aerobic workout using the Reebok STEP.
- STEP 'n Pump** A combination class of STEP and resistance exercises.
- Strength 'n Tone** A general strength and tone class using a variety of resistance equipment.
- Toning Express** A forty-five minute muscle conditioning class.
- Yoga Fit** A combination of yoga postures and stretching exercises.

FREE USE OF FITNESS CENTRE

The Mount Fitness Centre opens its doors to NEW MEMBERS from **September 8 - 13**. Try a fitness class or enjoy a visit to the Weight Conditioning Room for FREE this week!

FREE Instructional Programs

Try a Pilates, Yoga, Dance, Karate and/or Tae Kwon Do class for free from **September 21 – 27, 2009**

3 Month Facility Membership Special \$95

Includes:

A One-To-One Weight Room Starter Program, (please book an Appointment), MSVU Lanyard, two guest day passes, access to the weight room, gymnasium, sauna and locker rooms.

Bonus: Add fitness classes to this special for an additional \$25.

Offer Expires: September 30, 2009

Personalized Weight Room Programs!

Have a weight room program designed, based on your goals, by a certified trainer. Includes a consultation, program set-up, demonstration, performance and feedback – approx. one hour.
Fee: \$25 Call 457-6420 to book an appointment.

Not ready to commit to a workout yet? Perhaps you would like a consultation with a Fitness Coach who can help you determine what would be a realistic goal to get you started?
Fee: \$10 Call 457-6420 to book an appointment.