

Winter *and* Spring Fitness Programs Schedule



Register at Echo Centre
or phone 250-723-2181
with Visa/Mastercard

Boot Camps

Instructor – Scott Beckett

Set I (starting week of Jan 9)

Morning

Tue & Thur 9:00 - 10:00 am

Noon

Wed & Fri 12:15 - 1:15 pm*

Noon

Mondays 12:15 - 1:15 pm*

After Work

Mon & Wed 5:15 - 6:15 pm

After Work

Tue & Thur 5:15 - 6:15 pm

\$64/12 sess

*On-site Boot Camp Playtime available
for ages 1 – 5 while you workout.

Set II (starting week of Feb 20)

Morning

Tue & Thur 9:00 – 10:00 am

Noon

Wed & Fri 12:15 – 1:15 pm*

Noon

Mondays 12:15 – 1:15 pm*

After Work

Mon & Wed 5:15 – 6:15 pm

After Work

Tue & Thur 5:15 – 6:15 pm

\$64/12 sess

*On-site Boot Camp Playtime available
for ages 1 – 5 while you workout.

Set III (starting week of Apr 2)

Morning

Tue & Thur 9:00 – 10:00 am

Noon

Wed & Fri 12:15 – 1:15 pm*

After Work

Mon & Wed 5:15 – 6:15 pm

After Work

Tue & Thur 5:15 – 6:15 pm

\$64/12 sess

*On-site Boot Camp Playtime available
for ages 1 – 5 while you workout.

Yoga Classes

Instructor Pip Van Nispren

Set I (starting week of Jan 3)

Level I Mon 11:00 – 12:30 pm

Level I Tue 7:00 – 8:30 pm

Level I Fri 10:30 – 12:00 pm

Continuing Tue 5:15 – 6:45 pm

Continuing Thurs 7:00 – 8:30 pm

Continuing Fri 8:55 – 10:25 am

Level II/III Thur 5:15 – 6:45 pm

\$50/8 sess

Set II (Starting week of Feb 27)

Level I Mon 11:00 – 12:30 pm

Level I Tue 7:00 – 8:30 pm

Level I Fri 10:30 – 12:00 pm

Continuing Tue 5:15 – 6:45 pm

Continuing Thurs 7:00 – 8:30 pm

Continuing Fri 8:55 – 10:25 am

Level II/III Thur 5:15 – 6:45 pm

\$50/8 sess

Set II (Starting week of Feb 27)

Level I Mon 11:00 – 12:30 pm

Level I Tue 7:00 – 8:30 pm

Level I Fri 10:30 – 12:00 pm

Continuing Tue 5:15 – 6:45 pm

Continuing Thurs 7:00 – 8:30 pm

Continuing Fri 8:55 – 10:25 am

Level II/III Thur 5:15 – 6:45 pm

\$50/8 sess

Set II (Starting week of Apr 23)

Level I Mon 11:00 – 12:30 pm

Level I Tue 7:00 – 8:30 pm

Level I Fri 10:30 – 12:00 pm

Continuing Tue 5:15 – 6:45 pm

Continuing Thurs 7:00 – 8:30 pm

Continuing Fri 8:55 – 10:25 am

Level II/III Thur 5:15 – 6:45 pm

\$50/8 sess

Qigong Intro

Instructor - Darren Lentz

Set I

Mon Jan 23 – Mar 12 6:30 - 8 pm

\$60/8 sess

Set II

Mon Mar 26 – May 14 6:30 - 8 pm

\$53/7 sess

Qigong Continuing

Instructor – Darren Lentz

Set I

Wed Jan 25 – Mar 14 6:30 - 8 pm

\$60/8 sess

Set II

Wed Mar 28 – May 16 6:30 - 8 pm

\$60/8sess

Yin Yoga

Instructor - Karli Van Vliet

Set I

Mon Mar 23 – Mar 12 7 - 8:15 pm

\$60/8sess

Set II

Mon Apr 2 – Jun 4 7 - 8:15 pm

\$60/8 sess

Gentle Flow Yoga

Instructor – Shandora Page

Set I

Wed Jan 25 – Mar 14 7 - 8 pm

\$50/8 sess

Set II

Wed Mar 21 – May 9 7 - 8 pm

\$50/8 sess

Vinyasa Flow Yoga

Instructor – Dr. Jeannie Doig

Set I

Fri Jan 27 – Mar 16 5:30 - 7 pm

\$78/8sess

Set II

Fri Apr 20 – Jun 8 5:30 - 7 pm

\$78/8 sess

Over 50's Yoga

Instructor – Shandora Page

Set I

Wed Jan 25 – Mar 14 3:30 - 4:30

pm

\$32/8 sess

Set II

Wed Mar 21 – May 9 3:30 - 4:30 pm

\$32/8 sess

Zumba Fitness

Mondays or Wednesdays

Instructor - Shandora Page

Set I

Mon Jan 9 – Feb 27 5:30 - 6:30 pm

\$48/8 sess

Wed Jan 11 – Feb 29 5:30 - 6:30 pm

\$48/8 sess

Set II

Mon Mar 5 – Apr 23 5:30 - 6:30 pm

\$42/7 sess

Wed Mar 7 – Apr 25 5:30 - 6:30 pm

\$48/8 sess

Set III

Mon Apr 30 – Jun 18 5:30 - 6:30 pm

\$42/7 sess

Wed May 2 – Jun 20 5:30 - 6:30 pm

\$48/8 sess

Zumba – Gold

Instructor – Shandora Page

Set I

Wed Jan 25 – Mar 14

2:15 – 3:15 pm

\$48/8 sess

Set II

Wed Mar 21 – May 9

2:15 – 3:15 pm

\$48/8 sess

Pilates Mat All Level

Mondays or Thursdays

Instructor – Karli Van Vliet

Set I

Mon Jan 23 - Mar 12

5:45 - 6:45 pm

\$52/8 sess

Thur Jan 26 - Mar 15

5:45 - 6:45 pm

\$52/8 sess

Set II

Mon Apr 2 - Jun 4

5:45 - 6:45 pm

\$52/8 sess

Sondra's Morning Workout

Instructor: Sondra Austin

Beginning Jan 4

Every M/W/F/ morning from 9 - 10 am

\$36/10 sess punch card or \$4 drop-in

Mom and Baby Fitness

Instructor - Sondra Austin

Set I

Wed & Fri Jan 11 - Feb 10

10:15 - 11:15 am

\$40/ 10 sess

Set II

Wed & Fri Feb 29 - Apr 4

10:15 - 11:15 am

\$44/11 sess

Set III

Wed & Fri Apr 11 - May 18

\$44/11 sess

Over 50's Weight Training

Instructor - Scott Beckett

Set I

Tue & Thur Jan 24 - Feb 23

10:30 - 11:30 am

\$79/10 sess

Set II

Tue & Thur Feb 28 - Mar 29

10:30 - 11:30 am

\$79/10 sess

Fit Beginnings

Instructor - Ester Haack

Tue & Thur Jan 17 - Mar 22

12:10 - 1:10 pm

\$40/ 20 sess

Fit Beginnings Step II

Instructor - Ester Haack

Tue & Thur Jan 17 - Mar 22

1:30 - 2:30 pm

\$40/ 20 sess

Nordic Walking Beginners

Instructor - Ester Haack

Wed Jan 18 - Mar 21

11:30 - 12:30 pm

\$20/10 sess – with your own poles

\$35/10 sess – poles provided

Chair Fit

Instructor - Ester Haack

Wed (starting Jan 11)

1 - 2 pm

\$30 for a 7 sess Punch Card

Belly Dancing Intro

Instructor -Kim Hammett

Tue Jan 24 - Feb 28

6 - 7:15 pm

\$52/6 sess

Belly Dancing Continuing

Instructor - Kim Hammett

Tue Jan 24 - Feb 28

7:30 - 8:45 pm

\$52/6sess