



Instructor in the Spotlight

Brian

Brian is a CSEP Certified Personal Trainer and an honours Fitness and Health Promotions student from Durham College. He moved to the Yukon last year for the mountains, trails and nature. Brian loves it here and he loves to compete in Obstacle Course Races and in running races. The Whitehorse Reckless Raven Trail Ultramarathon is the hardest thing he has ever done! He loved every moment of it.

Brian's goal is to help inspire people to become healthier and to live a more balanced and active lifestyle. He wants people to feel how amazing he started to feel when he re-introduced fitness into his own life. In Brian's mind, that is the number one benefit of becoming active!

As an instructor, Brian loves the challenge of having people of every different fitness level in his class, at the same time. He loves the social dynamic of group classes and having an option for every fitness level. It makes it much more fun for the participants and for Brian as an instructor! At the end of the day, fitness needs to be enjoyable, so that it can become a sustainable part of a person's life!

Fitness

Strong Woman

Strong Woman is specifically designed for women who are interested in learning proper lifting technique. Change the way you look at lifting weights and understand the benefits of lifting heavy. Build your confidence with this 5 week program.

Instructor: Lana O'Connell

Canada Games Centre – Wellness Centre

Sa	Jan. 6 – Feb. 3	<i>9:00 am – 10:30 am</i>	5	\$65	70282
Sa	Feb. 10 – Mar. 17*	<i>11:30 am – 1:30 pm</i>	5	\$65	70283

* No class February 24

Stroller Bootcamp

Join our certified fitness professional for a good sweat and social time with other fun-loving moms. This indoor Stroller Fitness Program consists of cardio, body weight training, core strengthening and connect time. Our program is for all fitness levels, so every new mom is welcome. Babies will be happy while you get a challenging workout, and time to connect with other parents in your community. Your fitness level and confidence will be transformed.

Instructor: Jennifer Kiess

Canada Games Centre – Dasani® Running Track

Tu & Th	Jan. 9 – Feb. 1	<i>10:30 am – 11:30 am</i>	8	\$100	70277
Tu & Th	Feb. 6 – Mar. 1	<i>10:30 am – 11:30 am</i>	8	\$100	70278

Warrior Strength

This 4 week program will consist of strength, cardio and HIIT circuits, all tailored to empower you into your best self! Starting with a fitness test then slowly progressing each week, finishing off by retesting at the end so you can see the results!

Canada Games Centre-Coca-Cola® Fieldhouse

M, W, F	Jan. 15 – Feb. 9	<i>6:30 pm – 7:30 pm</i>	12	\$125	70712
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Beginner Pilates

In partnership with the studio.

A great starting point for beginners, this course teaches the five basic principles of Pilates and builds a foundation of exercises required to move on to the next level. This mat based workout is designed to help participants develop longer, leaner muscles, establish core strength and stability and heighten mind body awareness.

Instructor: Master Trainer,
Ann Asquith



Ages 16 + years

Canada Games Centre – Wellness Studio

W Jan. 3 – Feb. 7 7:40 pm – 8:40 pm 6 \$80 70269

Seniors Only Beginner Pilates

In partnership with the studio.

This beginner Pilates course is designed for those over 60 who are new to, or have a basic foundation in Pilates and wish to improve your fitness level. While you strengthen your core and back muscles you will improve your balance and flexibility in the process. This course is taught by Master Trainer, Ann Asquith, who is a senior herself and specializes in teaching Pilates to seniors.

Instructor: Master Trainer,
Ann Asquith



Canada Games Centre – Wellness Studio

W Jan. 3 – Feb. 7 2:00 pm – 3:00 pm 6 \$40 70271

Discover Yoga

This flowing yoga class moves slowly through key poses with modifications provided to meet everyone's needs. This is a great class for beginners or those who enjoy a slower pace.

Instructor: Beverley Avano

Canada Games Centre – Wellness Studio

M Jan. 8 – Feb. 26 7:40 pm – 8:55 pm 8 \$100 70267



Wellness Program Design

Are you looking to start a fitness program or not sure if your current workout is right for you?

A Wellness Program Design is a customized workout plan created through consultation with one of our certified Fitness Specialists that will reflect your needs and fitness & lifestyle goals. These workout plans are designed for a 3 month period to keep you moving forward towards a healthy and active life.

\$25 / Session

Free for CGC members using Bonus Pass

How do I book a Wellness Program Design?

- Book online or in person at the Canada Games Centre
- Complete the PAR-Q Questionnaire prior to appointment
- Check in at Reception on the day of your appointment and to get your wristband
- Come prepared to be active, indoor shoes, comfortable clothing and a water bottle
- Meet your Fitness Specialist in the Wellness Centre for all appointments
- 24 hours' notice for all bookings
- 24 hours for all cancellations. A "no show" fee of the cost equal to your booking will be charged for all no shows