




# 2010 Winter Schedule: January 4 – April 4

www.quantumfitnessstudio.com  
250.770.8303

classes for your body & soul

Voted one of the best studios in  
"The Best of the Okanagan 2009"!

- 2 large studios
- 1 hour classes unless otherwise noted
- Child minding M-F 9a-11:30a resrv reqd
- Plenty of Free Parking
- Ask us about Studio Rentals

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7:00a</b> or as noted	Kettle Bell Circuit Klass (Get on our early AM list!) Jo Jan 11 to Mar 01		Towel & Core 50/50 (Get on our early AM list!) Jo Jan 13 to Mar 03			<b>8:15</b> Mat Pilates (mixed level) Jo/Launa	
<b>9:15a</b> or as noted	Look Great Naked! (cardio & strength towel workout) Jo	NIA (embody joy) Michelle	CSI Bootie Camp (cardio/strength intervals) Launa	30/20/10 (cardio, strength & stretch) Carey	Step Circuit Carey	<b>9:30</b> Cardio Buffet TBA each week Instr. rotation	<b>9:30</b> Sun Day Salutation Yoga (75 minutes) Instr. rotation
<b>10:30a</b> or as noted	Standing Pilates & core conditioning Jo	Get Your Kicks (kickboxing) Kayla Pre req: safety orientation	Strong Seniors Gwen	Strength & Stretch Yoga Jen	Mat Pilates 1&2 and Stretch Carey	<b>10:45</b> Hot Yoga (30°C stretch focused) Instr. Rotation <b>10:45</b> Pilates Fundamental Sign-up Series (ask for next start date)	<b>11:00</b> Kundalini Meditation (75 min, gentle, active meditation) Adel
<b>12:10p</b>	Abs & Ass-ets 45 minutes Jo/Launa	Bar Bands W.O. 45 minutes Jo/Launa	All about Balls 45 minutes Instr. rotation	Sculpt Xpress 45 minutes Carey	Kettle Bell Circuit Klass 45 minutes Carey	<b>Fitness Flex Pass *</b> 30 classes \$192 (\$6.50 per class) 20 classes \$152 (\$7.60 per class) 10 classes \$ 80 (\$8.00 per class) 5 classes \$ 44 (\$8.80 per class) <i>6 month expiry</i> Single drop-in \$ 9.50 <b>Fitness Unlimited Monthly Pass *</b> 3 months \$235 1 month \$ 90 <b>Fitness Unlimited Weekly Pass*</b> 1 week \$ 35 <i>* includes all classes except sign-up series/workshops            -- Prices do not include GST --</i> <b>Fundamental Pilates            Sign-up Series</b> 6 classes \$ 66 <b>BOP and the GYM</b> <b>Fitness Unlimited Combo Passes</b> 3 months \$320 1 month \$115 <b>Our Studios have Sprung Floors            for your benefit and enjoyment!</b> <b>We're located at 102-500 Railway Street,            (across from Wine Visitor Info Centre in the            Sherwood/Gametime Sports Building)</b> 	
<b>1:00p</b> or as noted	Strong Seniors Gwen		Core Flex Body Flow Gwen				
<b>2:15p</b>	Core Flex Body Flow Gwen		Functional Fitness for Living Gwen				
<b>3:30p</b>		Teen Circuit & Core Registrations Required Jo/Launa Jan 19 to Mar 02		Teen "Boot Camp" Registrations Required Launa Jan 21 to Mar 04			
<b>4:30p</b> or as noted	<b>4:15</b> New 2 Fitness (45 min) Jan 11 to Mar 01		<b>4:15</b> enCORE (45 min) Carey		<b>4:30</b> CAA (cardio/ abs & ass-ets) Jo/Jessica		
<b>5:15p</b> or as noted	Get Your Kicks (kickboxing) Kerry Pre req: safety orientation	Salsa Sizzler Jo	TBC Total Body Conditioning Carey	Get Your Kicks (kickboxing) Kerry Pre req: safety orientation			
<b>5:30p</b> or as noted	<b>5:15</b> Step & Strength Carey	Kettle Bell Circuit Klass Instr. Rotation	Disco/Sculpt 50/50 Sarah Starts Jan 20	CSI Bootie Camp (cardio/strength intervals) Launa	<b>5:45</b> Funky Fridaze Hip Hop with Jake Jan 08 to Feb 05		
<b>6:30p</b> or as noted	Retro DISCO Boogie Jo	RELAXX (gentle yoga and guided meditation) Kassandra	"No Frillz" Bosu Step & Sculpt Instr. Rotation	<b>6:15</b> Kickboxing safety 20 min orientation <b>6:30</b> Swing (dance) & Sculpt Jo	<b>Friday Night Special Classes!</b> <b>Hula Hoop Workout Feb 12 &amp; Mar 19</b> 6:30-7:30PM \$10PP Hula Hoop Provided <b>Latin Dance Night Jan22, Feb26, Mar26</b> 6:45 – 8PM \$10PP Basic Ballroom based lesson for couples (singles welcome) Wear 'real clothes" Drop ins welcome, Reservations Appreciated!		
<b>6:45p</b> or as noted	<b>6:30</b> Bags + (kickboxing) Kerry Pre req: safety orientation	Mat Pilates 2 & 3 Jo	Yoga Flow Julie/Laurie	Pilates 1 & 2 Launa			
<b>7:45p</b>	Stretch for Stiffs (whole body stretching) Jo Bollywood Dance Workout by Get Bent Feb 01 to Mar 08	So WE think YOU CAN dance! (dance/choreography for everyone) Jo/Charlene Jan 19 to March 02	Inner Power Hour balancing/empowering Adel	dot.CALM Stretch & Guided Relaxation Jo			