

Whistler Athletes' Centre Fitness Classes

grow
sport



Performance Hub: TRX® Suspension Training, Winter Fit Circuit and, Cardio and Strength, Core and Strength

What

A variety of fitness classes for the community, to suit your busy schedule, with high quality, certified trainers.

Why

Offer fitness programs for the Cheakamus, Function, Spring Creek residents and Whistler Gymnastics members at the Whistler Sport Legacies Athletes' Centre. To provide a place for individuals to stay active, or get physically fit to enjoy your favorite Whistler activities. Train where Olympians train!

Where

Whistler Athletes' Centre in the multipurpose room "Performance Hub", a new gym space on the second floor (Canadian Sport Institute operates the High Performance Gym for carded athletes on the first floor)

When

September 6 – December 16, 2016. Classes scheduled Monday -Friday, Mornings and evenings. Personal Training can be booked if you contact Tami at tmitchell@whistlersportlegacies.com

Equipment

Bosu®, kettlebells, TRX® straps, resistant bands and balls, balance boards, Pilates ball, body bars, foam rollers, and plyometric soft box tops all heights, discs, hurdles and stretching mats.

Whistler Athletes' Centre- Performance Hub

Address: 1090 Legacy Way, Whistler, BC, Canada V0N 1B1
Contact: Tami Mitchell
Email: Tmitchell@whistlersportlegacies.com
Phone: 604-964-0031
Web: www.whistlerathletescentre.com



Cost

1-Time pass \$15, 10- time pass \$100 punch card plus GST
 Monthly pass \$150 plus GST (1st of the month to end of month)
 Sessional pass \$400 (fall session Sept. 6 – Dec. 16)

You can purchase your pass at the front desk of the Athletes' Centre Lodge, 1080 Legacy Way (next door).

Schedule September 6 – December 16, 2016*

Day	Class	Time
Monday	TRX	9:00am – 10:00am
	TRX Mixer	5:30pm – 6:30pm
	Cardio &Stretch	6:45pm – 7:45pm
Tuesday	Winter Fit Circuit	9:00am- 10:00am
	Winter Fit Circuit	5:30pm-6:30pm
	Core & Stretch	6:45pm – 7:45pm
Wednesday	TRX	9:00am – 10:00am
Thursday	TRX Mixer	9:00am – 10:00am
	Low Impact Circuit	10:15am – 11:15am
	Winter Fit Circuit	5:30pm – 6:30pm
Friday	Winter Fit Circuit	9:00am- 10:00am

***NO Classes Sept. 5, Oct. 10, Nov. 11, Dec. 5, 6 and the Evening Classes of Sept. 20, and Nov. 8.**

