



Registered Programs
FALL (Sept-Dec) 2017
 + HST TO ALL PRICES

Registration available by phone 902 420 5555 with Credit card or in person at front desk.

NEW: *The Member Early Bird rate is available to SMUfit members who are registered at least 7 days before the class start date. If there are not the minimum registrants by the early bird date, the class may be cancelled. Member Early Bird rates **CANNOT** be prorated. Last registration is available for some classes. If you have any questions, please email Sandra.Jamieson@smu.ca*

Pilates Equipment

This is your opportunity to feel how the larger Pilates Equipment facilitates the Pilates exercises. No discounts/refunds for missed classes. Min 4/Max 6 Email: sandra.jamieson@smu.ca

Pilates Equipment Essential (recommended for those who are new to the Reformer)

- Tuesdays 9:30-10:25am in Studio B with Ocean
Fall Session: September 12-December 5 (13 classes)
- OR**
- Tuesdays 5:30-6:25pm in Studio B with Amanda
Fall Session: September 12-December 5 (13 classes)
- OR**
- Thursdays 6:00-6:55pm in Studio B with Maria
Fall Session: September 14-December 7 (13 classes)
- OR**
- Thursdays 12:00-12:55pm in Studio B with Ocean
Fall Session: September 14-December 7 (13 classes)
- OR**
- Saturdays 10:00-10:55am in Studio B with Susan (no class Oct 7, Nov 11)
Fall Session: September 16 – December 9 (11 classes)
- OR**
- NEW**
- Wednesdays 10:05-11:00am in Studio A and Studio B with Jackie (this will be a combination of Mat and reformer classes –at the Mat price- see pricing under Pilates on the Mat for this new class only)
Fall Session: September 13-December 6 (13 classes)

Pilates Equipment Intermediate (previous Reformer experience required)

- Mondays 5:30-6:25pm in Studio B with Maria (no class Oct 9)
Fall Session: September 11–December 11 (13 classes)
- OR**
- Tuesdays 12:30-1:25pm in Studio B with Ocean
Fall Session: September 12-December 5 (13 classes)
- OR**
- Wednesday 5:30-6:25pm in Studio B with Maria
Fall Session: September 13-December 6 (13 classes)
- OR**
- Wednesday 9:00-9:55pm in Studio B with Jackie
Fall Session: September 13-December 6 (13 classes)
- OR**
- Thursdays 9:00-9:55am in Studio B with Jackie
Fall Session: September 14-December 7 (13 classes)
- OR**
- Thursdays 5:00-5:55pm in Studio B with Maria
Fall Session: September 14-December 7 (13 classes)

	11 classes:	13 classes:
Early Bird Member:	\$137/session	\$161/session
Member:	\$150/session	\$178/session
Non-member:	\$171/session	\$202/session

Pilates on the Mat

With a focus on core conditioning, awareness and alignment, Pilates is the perfect complement to cardiovascular exercise, sport, rehab, and life. Min 6/Max 13 Email: sandra.jamieson@smu.ca

Pilates Essential (recommended for those who are new to Pilates)

Tuesdays 10:30-11:25am in Studio A with Jackie (Suitable for older adults and seniors)

Fall Session: September 12-December 5 (13 classes)

OR

Thursdays 10:30-11:25am in Studio A with Ocean

Fall Session: September 14-December 7 (13 classes)

NEW

Wednesdays 10:05-11:00am in Studio B with Jackie (this will be a combination of Mat and – Reformer at the Mat price - see pricing - under Pilates on the Mat for this new class only)

Fall Session: September 13-December 6 (13 classes)

Pilates Intermediate (previous Pilates experience recommended)

Mondays 9:30-10:25am in Studio A with Jackie (no class October 9)

Fall Session: September 11-November 27 (11 classes)

OR

Mondays 10:30-11:25am in Studio A with Jackie *Intermediate/Advanced* (no classes Oct 9)

Fall Session: September 11-November 27 (11 classes)

OR

Tuesday 9:00-9:55am in Studio A with Jackie *Intermediate/Advanced*

Fall Session: September 12 – December 5 (13 classes)

OR

Saturdays 9:00-9:55am in Studio A with Susan (no class Oct 7, Nov 11)

Fall Session: September 16 – December 9 (11 classes)

	11 classes:	13 classes:
Early Bird Member:	\$66/session	\$78/session
Member:	\$72/session	\$86/session
Non-member:	\$83/session	\$97/session

Yoga on the Reformer

Take your yoga practice to the next level with Yoga on the Reformer. You will get deeper into the postures than ever before with spring support assistance that will take pressure off your wrists and provide traction and length in all the right places. Amazing results will carry over into your mat practice; Warrior II and Triangle have never felt so good! This new class with Ocean will transform your body and practice. Min 4/Max 6 Email: sandra.jamieson@smu.ca

Mondays 10:00-10:55am in Studio B with Ocean (no class October 9)

Fall Session: September 11 – December 11 (11 classes)

OR

Fridays 10:00-10:55am in Studio B with Ocean

Fall Session: September 15 – December 15 (11 classes)

Early Bird Member:	\$137/session
Member:	\$150/session
Non-member:	\$171/session

Yoga Flow

This is a class that links movement and breath; open to all levels and ages. Min 8/Max 25 Email: sandra.jamieson@smu.ca

Wednesdays 10:05-11:00am in Studio A with Stefanie
Fall Session: September 13 – November 29 (12 classes)

OR

Wednesdays 5:00-5:55pm in Studio A with Stefanie
Fall Session: September 13 – November 29 (12 classes)

OR

NEW

Thursdays 9:30-10:25am in Studio A with Sonja
Fall Session: September 14 – November 30 (12 classes)

Early Bird Member: \$73/session
Member: \$80/session
Non-member: \$91/session

NEW - Student Barre

Barre is a unique strengthening class combining traditional ballet moves with Pilates and yoga movements. The focus is on high repetition, low weight strength exercises to tone and lengthen muscles. You can expect the intensity of weight training workouts combined with the fluidity of dance workouts. Min 6/Max 12
Email: kalane1992@gmail.com

Thursday 5:30-6:25pm in Studio A with Kaycie
Fall Session: September 14-November 30 (12 classes)

Student Early Bird: \$45/session
Early Bird Member: \$72/session
Member: \$79/session
Non-member: \$90/session

Core Strength

This class is a full body workout with an emphasis on core exercises. Every muscle will be tightened, toned, and lengthened with a fusion mix of Pilates and Yoga postures. A different piece of equipment will be used each week for variety and optimum muscle building. This workout will tighten your tush, tone your body and strengthen your core. Min 6/Max 12 Email: Sandra.jamieson@smu.ca

NEW

Tuesdays 4:30-5:25pm in Studio A with Maria
Fall Session: September 12-December 5 (13 classes)

Wednesdays 9:00-9:55am in Studio A with Ocean
Fall Session: September 13-December 6 (13 classes)

Student Early Bird: \$45/session
Early Bird Member: \$78/session
Member: \$86/session
Non-member: \$97/session

Adult Ballet – Open to all levels

It's never too late to learn ballet. Adult Ballet classes offer a fun way to strengthen your body, posture, and stay supple while learning the fundamentals of Ballet. This is a beginner class, perfect for those who are new and returning to Ballet. Min 4/Max 25 Email: susancook@eastlink.ca

Saturday 11:15-12:15pm in Studio A with Susan (no class October 7, November 11)
Fall Session: September 9 – December 9 (11 classes)

Student Early Bird Member: \$45/session
Early Bird Member: \$83/session
Member: \$91/session
Non-member: \$125/session

SpinCore

In this one-hour class, you get the best of both worlds. First, a fast-paced 30 minute spin session that will get your heart rate up and blast calories. For the second half of class, hit the floor for some abdominal and core work, followed by a relaxing stretch. An effective and safe workout for all levels!

Min 4/Max 20 Instructor: Leanna Conrod can be reached at conrodle@eastlink.ca

Thursdays 9:30-10:30am in Studio C with Leanna no classes October 19 or October 26)

Fall Session: September 14 – November 30 (10 classes)

Early Bird Member: \$75/session

Member: \$83/session

Non-member: \$94/session

NEW - Tabata-Small Group Personal Training

Lead by Personal Trainer Sonja Esber, this Tuesday lunchtime class includes all elements of fitness. Building strength through functional movements using your own bodyweight, cardiovascular training, as well as flexibility. Join the group, challenge yourself, this fun fill class will leave you feeling empowered by what you can achieve. Min 8/Max 15 Email: sonjaesber@gmail.com

Tuesday 12:30-1:15pm in Community Room with Sonja

Fall Session: September 19 – November 21 (10 classes)

Early Bird Member: \$52/session

Member: \$58/session

Non-member: \$65/session

Bodyfit by Sonja-Small Group Personal Training

Personal Trainer, Group Fitness & Yoga Instructor Sonja Esber, designs fun-filled classes enjoyed by participants of all ages. This gentle boot camp style class includes, building cardiovascular endurance, total body strength & flexibility training (primarily using your own bodyweight). Each participant works at their own fitness level. Get motivated and stay motivated by getting both individual and group support in this fitfully fun class. Min 8/Max 15 Email: sonjaesber@gmail.com

Mondays 5:05-5:55pm in Community Room with Sonja

& Wednesdays **Fall Session 1:** September 11-October 25 (13 classes) no class October 9

Fall Session 2: October 30 -December 11 (13 classes)

Early Bird Member: \$81/session

Member: \$89/session

Non-member: \$102/session

HEART FOR LIFE!

Seniors Group Fitness Program

Specifically designed for post cardiac patients or for seniors who are interested in preventative heart health (i.e.: high blood pressure, over weight, elevated cholesterol). All fitness levels welcome. This program is ideal for patients who have either had, or are at risk of having, heart disease, heart attack, heart surgery or angina. Led and monitored by Certified Fitness Leaders and Nurses; Doctor or Self-referral. Ongoing throughout the year, join anytime. Each class begins in the Community Room. Support partners are encouraged to attend the program (with member) at no additional charge.

For more information and/or to register call 902-420-5556 or email: sandra.jamieson@smu.ca

SMUfit membership is required to participate. Mondays & Wednesdays 6:00pm-7:30pm

Squash Information

+ HST TO ALL PRICES

There are a very active group of squash players at all levels. New and experienced players can meet other players through the many activities organized at the courts. For further squash information, please email squash@smu.ca

Squash Court Booking - Call 902-420-5555. Members may book up to a week in advance. Non-members may only book a court the day of.

Private Lessons with Neil Harvey

Email: harveysquash8@gmail.com

Private Lessons	Member:	Non-member:
30 minute	\$40	\$50
45 minute	\$60	\$70
60 minute	\$80	\$90
Semi-Private (prices are per person)	Member:	Non-member:
30 minute	\$25	\$35
45 minute	\$35	\$45
60 minute	\$45	\$55

Women's Squash Clinics with Neil Harvey

To reserve your space in a clinic registration and to confirm dates, email Jennifer at tuckaaa@gmail.com
Skill levels A-D are welcome. Payment is taken through the front desk.

Saturdays September - December (scheduled weekly as per demand)
1:00-3:15pm

Member: \$15
Non-member: \$25

Junior Squash Program

SMU*fit*, in partnership with Squash Nova Scotia is offering a Junior Squash Club this fall. It's a fun introductory program that teaches participants the basic skills of Squash in a fun and non-competitive atmosphere. The participants will come away with the love of a new lifelong sport. Head Coach will be Neil Harvey. For more information, please contact Email: harveysquash8@gmail.com

Junior Squash Membership

Available for juniors who wish to improve their games and have more court time. The membership allows for squash court use only and juniors must have adult supervision at all times. The cost for one year is \$150 + HST

NEW Little Racquets Squash Camp

Introduction to squash for children. Learn basic skills with focus on hand eye coordination and footwork in a positive, fun environment. Players will learn the rules of squash with primary focus of the camp to play games against others. Time is subject to change depending on registration numbers. Min 4/Max 15 Open to children ages 6-13 For more information, please contact Melissa at Halifaxjuniorsquash@gmail.com

Saturdays Choose one time: 9:15am-10:00am (no session October 7 or November 11) **OR**
10:00am-10:45am (no session October 7 or November 11)
September 23 - November 18 (7 sessions)

Junior Squash Member: Free - must register
Non-Junior Squash Membership: \$50

SMU*fit* Club Night

SMU*fit* Club night takes place on Fridays from 6:15-8:30 pm. The Homburg Centre hosts drop-in squash for players of all levels with the goal of growing the sport of squash within the SMU*fit* community. No racquet required and students are welcome; please wear non-marking shoes. For more information, please contact squash@smu.ca

Squash Nova Scotia

If you want the most recent news on squash in Nova Scotia, a complete list of the upcoming seasons' tournaments in Atlantic Canada, results and information about all the city leagues, info about other squash clubs in the province and the most up to date list of provincial rankings please visit our website at www.squashns.ca

Ladies League

Ladies League is an informal drop-in for women of all ages and skill levels. The goal is to grow women's squash by providing a friendly and supportive venue for players to learn, train and have some fun. Students are welcome. Non-marking court shoes are required and eyewear protection is strongly recommended. Registration takes place at the Front Desk. Please note that there may be some cancellations due to tournaments, etc. Email: judy@allnovascotia.com

Mondays 7:00-8:30pm
September - December (10 classes)

Member: Free - must register
Non-member: \$50

Halifax Squash League

The Squash League is a Halifax wide league with 10-12 teams consisting of women and men across most skill levels that begins in early October and ends in April. If you would like to have more information about the league please contact squash@smu.ca

Premier League- The Squash NS Premier League provides weekly competitive squash for top level players from September to April. As the home for the best squash in the province, we host four divisions across Tuesday and Thursday nights. Results contribute to provincial rankings and advancement within the league. The competition is full tilt and spectators are always welcome. If you'd like more information or have any enquiries - please contact Patrick Kelly, Carl Helmick and Kevin Byrne at snspremierleague@gmail.com