



Registered Programs
SUMMER (June-August) 2018
+ HST TO ALL PRICES

Please note that our Active Living Registration polices have changed:

- *The Member Early Bird rate is available to only SMUfit members, up to 7 days before the class start date/time. To qualify for this rate, membership must cover the entire length of the paid program.*
- *There are no refunds or credits for a cancelled class; Management will make every attempt to provide a replacement class.*
- *Registration is available by phone 902 420 5555 with Credit Card or in person at front desk.*
- *Full registration fee is required at time of registration; SMUfit cannot prorate or discount fees for late registration.*

If you have any questions, please email Sandra.Jamieson@smu.ca

Pilates Equipment

This is your opportunity to feel how the larger Reformer Equipment facilitates the Pilates exercises. Instructor will teach to multilevel with options. No discounts/refunds for missed classes. Min 4/Max 6

Email: sandra.jamieson@smu.ca

Tuesday 9:30-10:25am in Studio B with Ocean
Summer Session: June 19 – July 17 (5 classes)

OR

Tuesday 12:30-1:25pm in Studio B with Ocean
Summer Session: June 12 – July 10 (5 classes)

OR

Wednesday 12:00-12:55pm in Studio B with Susan
Summer Session: June 13 – July 11 (5 classes)

OR

Wednesday 5:30-6:25pm in Studio B with Elspeth
Summer Session: June 13 – July 11 (5 classes)

OR

Thursday 5:15-6:50pm in Studio B with Elspeth (no class July 12)
Summer Session: June 14 – July 19 (5 classes)

OR

Friday 10:30-11:25am in Studio B with Ocean
Summer Session: June 15 – July 13 (5 classes)

Early Bird Member: \$65/session

Member: \$70/session

Non-member: \$80/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. Recommended for those who are new to Pilates Min 6/Max 15

Email: sandra.jamieson@smu.ca

Wednesday 1:00-1:55pm in Studio A with Susan
Summer Session: June 13 - July 11 (5 classes)

OR

Thursday 10:30-11:25am in Studio A with Ocean
Summer Session: June 14 - July 12 (5 classes)

Early Bird Member: \$40/session

Member: \$45/session

Non-member: \$55/session

Core Strength

This class is a full body workout with an emphasis on core exercises. A different piece of equipment will be used each week for variety and optimum muscle building. Min 6/Max 12 Email: Sandra.jamieson@smu.ca

Wednesdays 8:45-9:40am in Studio A with Ocean
Summer Session: June 13 - July 11 (5 classes)

Early Bird Member: \$30/session
Member: \$35/session
Non-member: \$55/session

Group PT with Sonja

This boot camp style class includes, building cardiovascular endurance, total body strength & flexibility training (primarily using your own bodyweight). Participants work 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 **Summer Session 1:** June 18 – July 4 (5 classes) (no class July 2)
Summer Session 2: July 9 - 23 (5 classes)

Early Bird Member: \$30/session
Member: \$35/session
Non-member: \$55/session

Tabata Training

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

Saturday 9:30-10:25am in Community Room with Sonja
Summer Session: June 23 – July 21 (5 classes)

Early Bird Member: \$40/session
Member: \$45/session
Non-member: \$55/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

Wednesday 9:45-10:40am in Studio A with Ocean
Summer Session: June 13 – July 11 (5 classes)

Early Bird Member: \$30/session
Member: \$35/session
Non-member: \$55/session

Fitness in Chinese – classes taught in Chinese language (团体健身课程)

Lead by Personal Trainer, Jason Zhang, this Sunday group Personal Training class is taught in Chinese language. Including all elements of fitness, the class builds strength through functional movements using your own bodyweight, cardio vascular training, as well as flexibility. Min 8/Max 15 participants.
Email jason08176@gmail.com

课程教练张宇·课程内容涵盖基础健身知识教学·基础健身运动示范·包括如何运用自身重量来进行简单的有氧·柔韧和力量的训练。课程人数在8到15人之间。

Sunday 4:00-4:55pm in Community Room with Jason
Summer Session 1: June 24 – July 29 (5 classes)
Summer Session 2: August 5 - September 2 (5 classes)

Early Bird Member: \$40/session
Member: \$45/session
Non-member: \$55/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 either have 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

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 play.

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

Junior Squash Membership

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

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

SMUfit Squash Spring Box League

New this year, we will have a 7-person box league on Wednesday nights (5:30-8pm) starting May 30 to June 27 (5 weeks) plus Fridays, June 15 and June 22. For more information on joining future box leagues, contact Sam at szhang@portofhalifax.ca