



WINTER 2022 PROGRAM GUIDE

What's Inside

Registered Program Offerings	3-4
Group Fitness Class Schedule	5-9
Personal Training Services	10
Nutritional Services	11
Squash Information	11
Meet Our Staff	12

General information

FACILITY HOURS

Monday to Friday

6:00am - 10:30pm

Saturday & Sunday

8am-8pm (starting Jan 22nd)



Check out smufit.ca for our holiday hours, closures and any updates.

Membership Fees

	One Year Membership	60+ One Year Membership	Four Month Membership	One Month Membership (no discounts)
SMUfit	\$515*	\$386*	\$260*	—
SMUfit Plus	\$615*	\$461*	\$310*	\$85*

*Taxes not included

DAY PASSES are available for \$11 and allow you access to all facilities.

Ask about our Membership Discount options!

Staff Directory

Homburg Centre for Health & Wellness	Front Desk	902-420-5555
Director of Athletics & Recreation	Scott Gray	902-420-5427
Assistant Director, Athletics & Recreation	Greg Knight	902-420-5425
Administrative Manager	Karen Habib	902-420-5429
Coordinator of Marketing & Revenue Generation	Bronson Beaton	902-420-5426
Facility Scheduler	Linda Gould	902-420-5440
Fitness Coordinator	Lindsay McFarlane	902-420-5556
Front Desk Information Clerk	Loffieann Downey	902-420-5555
Front Desk Information Clerk	Trudy van Rooyen	902-420-5555
Front Desk Information Clerk	Daniel Mauro	902-420-5555
Life Mark Physiotherapy Clinic	General Information	902-420-5061

Free Recreation Services

Drop-in Group Fitness Classes	SMUfit offers over 40 group fitness classes per week that are free with membership	Go to athletics.smu.ca to register for our drop-in classes.
Drop-in Sports	SMUfit offers drop-in sports times throughout the day as well as open gym time	Check out smufit.ca or call 902-420-5555 for availability or ask the Front Desk for availability
Squash Courts	Available with any of our Plus Memberships	Reserve your court online at athletics.smu.ca

Registered Programs

Registration opened on December 20 and will remain open until January 23. Programs run for 12 weeks (except for Karate which runs from January – May.) Register either in person at the Homburg Centre Front Desk OR over the phone (902-420-5555) with Visa, Mastercard or AmEx.

REFUNDS & CANCELLATIONS

A refund will be issued to you if the program is cancelled due to low registration. No other refunds are permitted.

CLASS/ PROGRAM	DAY	TIME	LOCATION	INSTRUCTOR	PRICE	DESCRIPTION
Pilates for Beginners	Tuesdays	10:45-11:45am	Studio A	Ocean	Member = \$120 Non-Member = \$168 Student = \$102	Join a specific class for your exercise level. Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. These classes emphasize proper postural alignment, core stabilization and muscle balance. *No class on Feb 21st
	Thursdays	10-11am	Studio A	Ocean	Member = \$120 Non-Member = \$168 Student = \$102	
Pilates 4 Seniors	Mondays	10:30-11:30am	Studio A	Jackie	Member = \$120 Non-Member = \$168 Student = \$102	
	Wednesdays	10:30-11:30am	Studio A	Ocean	Member = \$120 Non-Member = \$168 Student = \$102	
Pilates Intermediate	Mondays	9:15-10:15am	Studio A	Jackie	Member = \$120 Non-Member = \$168 Student = \$102	
Pilates Reformer for Beginners	Tuesdays	9:30-10:30am	Studio B	Ocean	Member = \$180 Non-Member = \$228 Student = \$153	
	Thursdays	11:30-12:30pm	Studio B	Ocean	Member = \$180 Non-Member = \$228 Student = \$153	
Pilates Reformer Intermediate	Tuesdays	5:45-6:45pm	Studio B	Jackie	Member = \$180 Non-Member = \$228 Student = \$153	
	Wednesdays	9:15-10:15am	Studio B	Jackie	Member = \$180 Non-Member = \$228 Student = \$153	
	Thursdays	9:15-10:15am	Studio B	Jackie	Member = \$180 Non-Member = \$228 Student = \$153	
	Fridays	9-10am	Studio B	Ocean	Member = \$180 Non-Member = \$228 Student = \$153	



Registered Programs

CLASS/ PROGRAM	DAY	TIME	LOCATION	INSTRUCTOR	PRICE	DESCRIPTION
Facial Fitness	Tuesdays	1:30-2:30pm	Studio A	Ocean	Member = \$120 Non-Member = \$168 Student = \$102	Facial Fitness is an asymmetric exercise that works your entire body and focuses on strengthening and lengthening your connective tissue so you can move and groove in a smooth way! This class involved bounce, stability and mobility allowing muscles to lengthen and strengthen while your joints release. Whether you are looking to improve posture, rehab injuries, gain better alignment or strengthen your entire body, this class is for you!
	Fridays	11:45-12:45pm	Studio A	Ocean	Member = \$120 Non-Member = \$168 Student = \$102	
Karate for Beginners	Tuesdays & Thursdays	6:30-7:30pm	Community Room	Shannon		<p>The Saint Mary's University Shotokan Karate Club offers the opportunity for members to learn the art of Shotokan karate in an enjoyable, inclusive class atmosphere. The SMU dojo has a strong sense of community where self-respect and respect for others is fostered while members work towards their goals of greater confidence, fitness, coordination, self-defence, or to pursue karate for competitive aims. New beginner members will learn the basic fundamentals of traditional karate including kata (forms), kumite (sparring) and kihon (basic techniques).</p> <p>Head instructor Shannon Doane started training in Shotokan karate in 1996 and currently holds a 5th degree black belt. Please contact shannon.doane@smu.ca with any questions or visit universitykarate.ca.</p> <p><i>*Goes until 9pm on Thursdays.</i></p>
Karate for Advanced	Tuesdays & Thursdays	7:30-8:30pm Tuesday / 7:30-9pm Thursday	Community Room	Shannon		
Heart 4 Life	Mondays & Wednesdays	6-7:30pm	Community Room & Fitness Centre	Zena & Mikaela	Purchase a Heart 4 Life Membership for \$386/yr, \$195/4 months, \$32/mt	This program is 1.5hrs twice a week for anyone who has undergone a heart episode and wants to join a community of like-minded individuals. During each class professionals will take and track your heart rate and blood pressure. Personal trainers will take you through a strength training circuit and the group will chose to do some cardio of choice.

**Taxes not included*



Group Fitness

All Classes are FREE with Membership or the purchase of a day pass. Please show up a minimum of 5 minutes prior to the class start time to get checked in at the front desk.

Class	Day	Time	Studio	Instructor	Description
Total Body HIIT	Monday	6:15-7am	C	Bobbi	An action-packed fitness class filled with High Intensity Interval Training designed to challenge your body, burn fat and build lean muscle. Push yourself past your limits with this high intensity full body workout!
Gentle Fitness	Monday	9:30-10:15am	C	Zena	This class is a mix of endurance, mobility, and stability without the stress on your joints. This total body, low-impact workout combines cardio, resistance, and balance exercises. Suitable for beginners, seniors and anyone requiring a modified program.
Core Strength	Monday	10:30-11:30am	C	Ocean	This class focuses on core stabilization and strength through a variety of exercises. Be prepared to work on proper movement, challenge you core and feel the burn through core targeting compound movements and mat exercises.
Yoga	Monday	12:15-1:15pm	A	Ocean	Good for those who want flexibility and relaxation. Elongate, strengthen, and stretch your way to better health with this breath focused flow.
Bootcamp	Monday	1:15-2pm	C	Mikaela	An action-packed fitness class filled with Interval Training and equipment designed to challenge your body, burn fat, and build lean muscle. Bootcamp is designed for those who want a quick and dirty 45min workout where you don't have to think but know your leaving one step closer to your goals. Let our instructor direct you through this butt kicking bootcamp workout.
Spin	Monday	5:15-6pm	C	Stephanie	Get on your bikes and ride! This class uses Keiser spin bikes to give you the best low impact cardio workout around. Burn calories and have a blast doing it throughout this interval style spin workout. Enjoy hills and valleys all from the comfort of our studio. If you are new to spin, please arrive early to be sized for your bike. Spin classes do not require bike reservation. Arrive early to secure your bike.
Yoga 4 Stretch & Relax	Monday	6:15-7:15pm	A	Guyline	Introductory Yoga good for those who want flexibility and relaxation. Elongate, strengthen, and stretch your way to better health with this breath focused workout.
Zumba	Monday	7-8pm	C	Leticia	Fun, effective, easy to follow, Latin-inspired, calorie burning dance fitness party! Follow along to the beat of the music and learn a few new dance moves while simultaneously getting a cardio workout. You will be having so much fun, you won't even realize how hard you worked!



Group Fitness

Class	Day	Time	Studio	Instructor	Description
Body Sculpt	Tuesday	9:30-10:15am	C	Zena	Abs, legs and more with a new attitude - this class uses tubing, weights, bars, balls, balance boards, and more. Body Sculpt allows you to move to the music for a full body high repetition workout designed to tone your muscles and improve endurance. Join this high energy workout and leave with a smile on your face.
Yoga Shred	Tuesday	12-1pm	A	Sara	This sweaty version of Yoga is a cross-training class combining both Yoga and High Intensity Interval Training. It will improve your core strength through flowing sequences and will burn fat through high intensity cardio exercises.
Retro Step	Tuesday	1:15-2pm	C	Zena	Flash back to the 70's, 80's and 90's with this retro step class! Step to the oldies in this aerobic classic cardio workout. This is a low impact choreographed class using a step, but don't be fooled! This is a calorie burner that delivers results. Suitable for all levels.
Zumba Toning	Tuesday	5:30-6:15pm	C	Tina	Fun, effective, easy to follow, Latin-inspired, calorie burning fitness party incorporating weights to build muscles in the arms, legs and glutes. This workout combines body sculpting exercises with high intensity cardio. You get the dance party with a side of weights for better muscle control and toning!
Total Body Strength	Tuesday	6:30-7:15pm	C	Thomas	This class is designed to boost your strength and level of fitness! You will get stronger while also improving mobility and stability without any high-intensity stress on your joints. This is a strength-based workout combining resistance, core stability and balance exercises. Suitable for all levels.
Yoga	Tuesday	7:30-8:30pm	A	Anne	Good for those who want flexibility and relaxation. Elongate, strengthen, and stretch your way to better health with this breath focused flow.
Spin	Wednesday	6:15-7am	C	Donna	Get on your bikes and ride! This class uses Keiser spin bikes to give you the best low impact cardio workout around. Burn calories and have a blast doing it throughout this interval style spin workout. Enjoy hills and valleys all from the comfort of our studio. If you are new to spin, please arrive early to be sized for your bike. Spin classes do not require bike reservation. Arrive early to secure your bike.
Heart & Muscle	Wednesday	10:30-11:30am	C	Zena	This choreographed heart pumping class is a combination of low impact cardio and resistance training. You will leave feeling worked from head to toe while also getting your cardio in! Have fun working out to the beat in this fun and energetic class.
Body Sculpt	Wednesday	12:05-12:50pm	C	Zena	Abs, legs and more with a new attitude - this class uses tubing, weights, bars, balls, balance boards, and more. Body Sculpt allows you to move to the music for a full body high repetition workout designed to tone your muscles and improve endurance. Join this high energy workout and leave with a smile on your face.



Group Fitness

Class	Day	Time	Studio	Instructor	Description
Yoga	Wednesday	12:15-1:15pm	A	Ocean	Good for those who want flexibility and relaxation. Elongate, strengthen, and stretch your way to better health with this breath focused flow.
Total Body Strength	Wednesday	1:15-2pm	C	Sara	This class is designed to boost your strength and level of fitness! You will get stronger while also improving mobility and stability without any high-intensity stress on your joints. This is a strength-based workout combining resistance, core stability and balance exercises. Suitable for all levels.
Spin	Wednesday	5:15-6:15pm	C	Elana	Get on your bikes and ride! This class uses Keiser spin bikes to give you the best low impact cardio workout around. Burn calories and have a blast doing it throughout this interval style spin workout. Enjoy hills and valleys all from the comfort of our studio. If you are new to spin, please arrive early to be sized for your bike. Spin classes do not require bike reservation. Arrive early to secure your bike.
Strength & Conditioning	Wednesday	6:30-7:15pm	C	Thomas	This is a circuit training class that involves pure strength at lower repetitions and full body conditioning. Be prepared to do as many rounds as possible and challenge your muscles, anaerobic system, and metabolic conditioning. This style of training is proven to burn fat and increase muscular strength.
Zumba	Wednesday	7:30-8:30pm	C	Tina	Fun, effective, easy to follow, Latin-inspired, calorie burning dance fitness party! Follow along to the beat of the music and learn a few new dance moves while simultaneously getting a cardio workout. You will be having so much fun, you won't even realize how hard you worked!
Strong 45	Thursday	6:15-7am	C	Bobbi	Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music. Each class burns calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.
Yoga	Thursday	6:15-7:15am	A	Alison	Good for those who want flexibility and relaxation. Elongate, strengthen, and stretch your way to better health with this breath focused flow.
Gentle Fitness	Thursday	9:30-10:15am	C	Zena	This class is a mix of endurance, mobility, and stability without the stress on your joints. This total body, low-impact workout combines cardio, resistance, and balance exercises. Suitable for beginners, seniors and anyone requiring a modified program.
Total Body HIIT	Thursday	12:05-12:50pm	C	Thomas	An action-packed fitness class filled with High Intensity Interval Training designed to challenge your body, burn fat and build lean muscle. Push yourself past your limits with this high intensity full body workout!



Group Fitness

Class	Day	Time	Studio	Instructor	Description
Heart & Muscle	Thursday	1:15-2pm	C	Zena	This choreographed heart pumping class is a combination of low impact cardio and resistance training. You will leave feeling worked from head to toe while also getting your cardio in! Have fun working out to the beat in this fun and energetic class.
Spin	Thursday	5-5:45pm	C	Elana	Get on your bikes and ride! This class uses Keiser spin bikes to give you the best low impact cardio workout around. Burn calories and have a blast doing it throughout this interval style spin workout. Enjoy hills and valleys all from the comfort of our studio. If you are new to spin, please arrive early to be sized for your bike. Spin classes do not require bike reservation. Arrive early to secure your bike.
Yoga 4 Stretch and Relax	Thursday	6:15-7:15pm	A	TBD	Introductory Yoga is good for those who want flexibility and relaxation. Elongate, strengthen, and stretch your way to better health with this breath focused flow.
Strong 45	Thursday	6:30-7:15pm	C	Tina	Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music. Each class burns calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.
Zumba	Thursday	7:30-8:30pm	C	Tina	Fun, effective, easy to follow, Latin-inspired, calorie burning dance fitness party! Follow along to the beat of the music and learn a few new dance moves while simultaneously getting a cardio workout. You will be having so much fun, you won't even realize how hard you worked!
Spin	Friday	6:15-7am	C	Alison	Get on your bikes and ride! This class uses Keiser spin bikes to give you the best low impact cardio workout around. Burn calories and have a blast doing it throughout this interval style spin workout. Enjoy hills and valleys all from the comfort of our studio. If you are new to spin, please arrive early to be sized for your bike. Spin classes do not require bike reservation. Arrive early to secure your bike.
Body Sculpt	Friday	9:30-10:15am	C	Zena	Abs, legs and more with a new attitude - this class uses tubing, weights, bars, balls, balance boards, and more. Body Sculpt allows you to move to the music for a full body high repetition workout designed to tone your muscles and improve endurance. Join this high energy workout and leave with a smile on your face.
Core Strength	Friday	10:30-11:30am	C	Ocean	This class focuses on core stabilization and strength through a variety of exercises. Be prepared to work on proper movement, challenge you core and feel the burn through core targeting compound movements and mat exercises.



Group Fitness

Class	Day	Time	Studio	Instructor	Description
Bootcamp	Friday	12-1pm	C	Rick	An action-packed fitness class filled with Interval Training and equipment designed to challenge your body, burn fat, and build lean muscle. Bootcamp is designed for those who want a quick and dirty 45min workout where you don't have to think but know your leaving one step closer to your goals. Let our instructor direct you through this butt kicking bootcamp workout.
Yoga	Friday	1-2pm	A	Jeannie	Good for those who want flexibility and relaxation. Elongate, strengthen, and stretch your way to better health with this breath focused flow.
Barre	Friday	5:15-6pm	A	Stephanie	Barre is a hybrid class combining ballet-inspired moves and elements of Pilates, dance, yoga and strength training. Barre focuses on high reps of small range movements. Come for the burn, leave leaner!
Zumba	Saturday	10:15-11:15am	A	Tina	Fun, effective, easy to follow, Latin-inspired, calorie burning dance fitness party! Follow along to the beat of the music and learn a few new dance moves while simultaneously getting a cardio workout. You will be having so much fun, you won't even realize how hard you worked!
Spin	Saturday	11am-12pm	C	Stephanie	Get on your bikes and ride! This class uses Keiser spin bikes to give you the best low impact cardio workout around. Burn calories and have a blast doing it throughout this interval style spin workout. Enjoy hills and valleys all from the comfort of our studio. If you are new to spin, please arrive early to be sized for your bike. Spin classes do not require bike reservation. Arrive early to secure your bike.
Yoga	Sunday	10:30-11:30am	A	Anne	Good for those who want flexibility and relaxation. Elongate, strengthen, and stretch your way to better health with this breath focused flow.
Heart & Muscle	Sunday	10:30-11:30am	C	Zena	This choreographed heart pumping class is a combination of low impact cardio and resistance training. You will leave feeling worked from head to toe while also getting your cardio in! Have fun working out to the beat in this fun and energetic class.

Classes are subject to change and will always be up to date on our reservation site: athletics.smu.ca



Personal Training Services

Are you ready to get some help with your fitness goals and overall health? Look no further than SMUfit Personal Training. Purchase your package in person at the Front Desk or over the phone at 902-420-5555. For more information or to schedule a free consultation, email our Fitness Coordinator, [Lindsay McFarlane](mailto:lindsay.mcfarlane@smu.ca), lindsay.mcfarlane@smu.ca.

INDIVIDUAL PERSONAL TRAINING

Package	Member	Non-Member	Description
Consultation + Assessment	\$63/session	\$79/session	1hr consultation + 1.5hr fitness assessment
Fitness Starter	\$53/session	\$67/session	1.5hr consultation/assessment, and three 1hr sessions
6 Sessions	\$53/session	\$67/session	6 private sessions, with personalized programming, consultation, and assessment
10 Sessions	\$48/session	\$60/session	10 private sessions, with personalized programming, consultation, and ongoing assessment
20 Sessions	\$46/session	\$57/session	20 private sessions, with personalized programming, consultation, and ongoing assessment

BUDDY PERSONAL TRAINING (pricing is per person)

Package	Member	Non-Member	Description
6 Sessions	\$37/session	\$47/session	6 semi-private sessions, with personalized programming, consultation, and assessment
10 Sessions	\$32/session	\$40/session	10 semi-private sessions, with personalized programming, consultation, and ongoing assessment
20 Sessions	\$27/session	\$34/session	20 semi-private sessions, with personalized programming, consultation, and ongoing assessment

**Taxes not included*



Nutrition Services

Purchase our Nutrition Services in person at the Front Desk or over the phone at 902-420-5555. For more information email our Registered Dietitian, Mikaela Henderson: mik.henderson@gmail.com

OFFERING	PRICE	DESCRIPTION
Initial Consultation	\$95*	1 hr consultation with a Registered Dietitian
Follow up Consultation	\$63*	30 min follow up session with our Registered Dietitian
Nutrition Starter Pack	\$195*	Initial 1hr consultation and two 30 min follow up sessions
Nutrition Add on Session (available with the purchase of any Personal Training Package)	\$85*	Supplement your Personal Training with a 1 hr consultation with our Registered Dietitian

NOTE: Nutritional services are covered through most health plans

**Taxes not included*

Squash Information

There is 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.

Squash Court Reservations:

Members can reserve a court at athletics.smu.ca or by calling 902-420-5555. Members with a SMUfit Plus membership may book courts up to a week in advance. Day Pass & Multi Pass Users can book courts the day of play. Multi Use Pass users cannot use squash courts during prime time, which is Mon-Fri from 4pm to close unless playing in a league program.

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 www.squashns.ca.



Meet Our Team



SCOTT GRAY
Director
Athletics & Recreation



GREG KNIGHT
Assistant Director
Athletics & Recreation



LINDSAY McFARLANE
Fitness Coordinator



MIKAYLA NASSY-WONG
Sport Coordinator



ALLISON COFFIN
Instructor



BRIAN TAYLOR
Instructor



JACKIE WEBSTER
Instructor



JEANNIE WARD
Instructor



LETICIA SMILLIE
Instructor



MIKAELA HENDERSON
Instructor, Personal
Trainer & Dietitian



OCEAN SAMUEL
Instructor



RICK HORSEMAN
Instructor



THOMAS WAITHE
Instructor



TINA ROWE
Instructor



ZENA SNIDER
Instructor

