

Schedule is for  
Feb 6 to Feb 29th

**Portage CO-OP Walking Track Hours:** Mon - Fri: 6am - 10pm Sat & Sun: 6am - 10pm  
**Restricted Membership Access Times:** Mon - Fri: 6am - 4pm Sat & Sun: 6am - 9am  
**Viterra Fitness Centre Hours:** Mon - Fri: 6am - 10pm Sat & Sun: 6am - 10pm  
**Public Facility Access Hours:** Mon - Fri: 6am - 10pm Sat & Sun: 6am - 10pm  
**Reception Services:** Mon - Fri: 7am - 9pm Sat & Sun: 11am - 7pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Fitness Swim</b> 5:30pm - 7:00pm	<b>Gym Orientation</b> (2nd Monday of the Month)	<b>Aquafit:</b> 7:00 - 8:00pm	<b>Aquafit:</b> 12:15-1:15pm	<b>Aquafit:</b> 7:00 - 8:00pm	<b>Gym Orientation</b> (Last Friday of the Month)	<b>Aquafit:</b> 12:00-1:00pm
<b>Pole Fitness***:</b> 7:00 - 8:00pm	<b>Zumba*:</b> 6:30 - 7:30pm  <b>Kickboxing**:</b> 8:00 - 9:00pm	<b>Boot Camp**:</b> 6:00 - 7:00pm 7:00 - 8:00pm	<b>Zumba*:</b> 8:00 - 9:00pm	<b>Boot Camp**:</b> 6:00 - 7:00pm 7:00 - 8:00pm  <b>Kickboxing**:</b> 8:30 - 9:30pm		<b>Fitness Swim</b> 8am - 9am
	<b>Fitness Swim</b> 6:00am - 8:45am 11:30am - 1:30pm 4:30pm - 6:30pm	<b>Fitness Swim</b> 6:00am - 8:45am 11:30am - 1:30pm 8:00pm - 9:00pm	<b>Fitness Swim</b> 6:00am - 8:45am 11:30am - 12:15pm 4:30pm - 6:30pm	<b>Fitness Swim</b> 6:00am - 8:45am 11:30am - 1:30pm	<b>Fitness Swim</b> 6:00am - 8:45am 11:30am - 1:30pm 3:30pm - 5:30pm	

**Gym Orientation - Sign up is required for the PRRR Gym Orientation, see the PCU Centre Reception for more information or to register.**

**FITNESS SWIM**  
**AQUAFIT**  
**ZUMBA \***  
**LEAN & FIT BOOTCAMP \*\***  
**KICKBOXING\*\***  
**POLE FITNESS\*\*\***  
**GYM ORIENTATION**

\* paid 10 week exercise program  
 \*\* paid 8 week exercise program  
 \*\*\* paid 6 week exercise program

\* Boot Camp – New Session starts Feb 21st  
 \* Kickboxing – 8 Week Session starts February 6th (Every Monday at 8 pm & Thursday at 8:30 pm)  
 Cost is \$100.00 per non-member and \$70.00 per member  
 \* Pole Fitness – 8 week Beginner Session begins Feb 12th  
 Cost is \$90.00 per non-member and \$70.00 per member.  
 \* Zumba – New sessions begins Feb 27th and Feb 29th  
 \* Gym Orientations will be held on the 2nd Monday and Last Friday of every Month  
 February 13th & 24th,

## Weekly PCU Centre Fitness Calendar



For more information on the fitness classes, cancellations or rescheduling  
 Please go to [www.PCUCentre.ca](http://www.PCUCentre.ca)

PCU Centre  
 245 Royal Road S.  
 Phone: (204) 857-7772  
 e-mail: [info@pcucentre.ca](mailto:info@pcucentre.ca)

“Regular physical activity is one of the very best methods of  
**HEALTH INSURANCE for individuals.**”  
 – The Benefits Catalogue,  
 Canadian Parks and Recreation Association, 1997

# KICKBOXING

**Starts February 6, 2012**

**Mondays 8:00pm & Thursdays 8:30pm**

Classes are twice a week for 8 weeks! Kickboxing Cardio features instruction on the proper kickboxing techniques including how to kick and punch while delivering a Great Cardio Workout!

**Member Rate: \$70.00**

**Non-Member Rate: \$100.00**

**Register by Calling 857-7772 ext. 2221 or stop by the PCU Centre Reception Desk For More Information.**



*\* NOT Included with Membership.*

*\* 8 Week Sessions Offered.*

## FITNESS CLASSES

### AQUAFIT

**Aquafit** is a great way to get a full body workout without impact on the joints. Love the pool but not swimming laps? This class is geared for you. All levels are welcome.  
*\* Included with Membership*

### ZUMBA

**Join the party!** *(Bella Ghita Fitness Inc.)*  
*This program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple, we want you to want to work out, to love working out and to get hooked. Zumba Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!*  
**\$40 for Members & \$80 for Non-Members**  
*NOT Included with Membership.*  
*\* 10 Week Classes Offered.*

### Pole Fit Beginners Class

**This** a new and exciting fitness program that teaches the basics of Pole Fitness. With concentration on learning proper technique, body positioning and how to safely achieve momentum. This class develops strength, endurance, and flexibility. You will tighten, tone and discover muscles you never knew you had, while having a great time.

**\$70 for Members & \$90 for Non-Members**  
*NOT Included with Membership.*  
*\* 6 Week Classes Offered.*

### BOOTCAMP

**Lean & Fit Bootcamp** is a fitness program based on the philosophy that *YOU have the power to change your body. YOU will be guided through a fitness challenge that is sure to change your views on yourself and increase your fitness levels. Not only will you see results physically, you will see results mentally too. The goal is to empower you beyond your expectations and deliver you the best services in the Fitness Industry.*

**\$130 for 8 Week Session**  
*NOT Included with Membership.*

## Weekly Fitness Schedule



### Fitness Class

**Drop In Rate: \$8.00**

### Viterra Fitness Centre

**Drop in Rate: \$10.00**

## ANNUAL ACTIVE PASS

Get the freedom of a one month pass with all the same benefits of our other membership options.

### Rates

Adult .....	450.00
Youth.....	290.00
Senior.....	290.00
Couple.....	850.00
Family.....	1185.00

## Annual Active Pass

**Includes:**

- \* Viterra Fitness Centre Access
- \* Portage CO-OP Walking Track Access
- \* Shindleman Aquatic Centre & Splash Island Access *(does not include lessons)*
- \* Free Drop-in for Aquafit
- \* Daily Locker Rental Free with own Lock
- \* FREE Towel Service
- \* Optional Locker Rental *based on availability*