



## Group Fitness News—Fall 2010

This September, your elite ORC instructor team is offering over 100 group fitness classes! So come on in and join us this fall to try some of our new classes and programs or to experience more of what you like.

Our program line-up includes all of your old favourites like Yoga, Spinning, Group Power and Group Step, Pilates and Total Body Conditioning (TBC), plus a number of exciting new clinics, classes and programs, including **Hot Yoga**, **Teen Spinning**, Women's and Teen's **Fitness Circuits**, **Body Blast High Intensity**, **more Pilates** training opportunities (and a designated reformer studio) and even more of our popular and energetic **Zumba** Classes.

Please read on for more details on everything we have on offer for you this fall. You can also get full details on our website at [ontarioracquetclub.com](http://ontarioracquetclub.com).

### **NEW THIS FALL! HOT YOGA**

Studio 3 has become a designated **HOT YOGA** studio. Hot yoga is a series of poses for strengthening and toning the body in a heated, calming and detoxifying environment.

The benefits of Hot Yoga include:

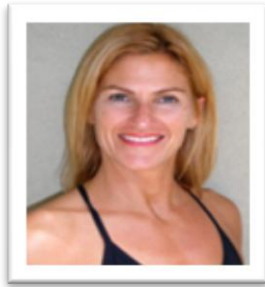
- Improves metabolism
- Detoxifies the body (by sweating)
- Strengthens muscles and joints
- Improves flexibility (stretches muscles, ligaments and tendons)
- Optimal humidity improves immune system, calms the body and mind
- Heat allows for deeper and safer yoga poses and helps internal organs, glands and nervous system rejuvenate

Hot Yoga Classes will be starting mid September (exact date TBC).

Join our elite team of qualified and experienced instructors to explore all the benefits of hot yoga.



Daniel Zt/\r Lacerda



Margaret Bommarito



Antoinette Finelli



Jay Sharma



Rhea Athey



Ainslie Husbands



Katia Ponce (new to ORC)

sorry, picture not available

Brittany Snedden (new to ORC)

To all of our regular yoga enthusiasts, don't worry, ORC will still have regular yoga classes (non heated). YES, our schedule is extensive. We will be re-evaluating all Yoga and Hot Yoga classes in December to modify the schedule as appropriate. You will be informed of any subsequent changes.

**NEW! PILATES REFORMER STUDIO**

We have created a dedicated Pilates Reformer Studio in Studio 5—please feel free to pop in and check it out. This studio now houses six reformers for small group, semi private and private Pilates practice. Take your Pilates practice to the next level. Contact Gloria at ext 276 for details.

ORC Pilates instructors:



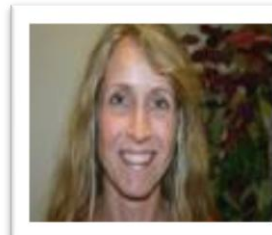
Gloria Atkinson



Regan Clark



Jacqueline Giella-Crespo



Janet Doris Stringer



Katherine Rammo

## **NEW! CLASSES**

### **Body Blast High Intensity with trainer Daniel Smikle-Peters**

Want to improve your cardiovascular fitness, strength, power and agility in under one hour? Looking for an individual challenge? This is a 50 minute maximal interval training class—no equipment, no weights, no choreography.

Interval training is an amazing workout that keeps your heart rate elevated in your training zone to burn fat and brings you to the edge of your cardiovascular fitness. Bursts of maximum intensity exercises along with short rest keeps you challenged as you work from aerobic to anaerobic intervals.

### **Fitness Circuits**

#### **Women's Circuit**

Mon to Thursday 9-10 am

Saturday and Sunday 9:15-10:15

Mon and Wed 7-8 pm

#### **Teen Circuit**

Wednesday 5-6pm and Sunday 11:45-12:45

## **NEW! ADDITIONAL ZUMBA CLASSES**

We are pleased to say we now offer even more of our popular and energetic Zumba classes. New classes will all be taught by ORC's resistant Zumba expert, Annie, and include:

- Wed evenings (beginning Sept 8<sup>th</sup>)
- Friday morning at 9:15 am (beginning Sept 10<sup>th</sup>)
- Saturdays at 1pm (beginning Sept 11<sup>th</sup>)
- All with Annie

## **NEW! INSTRUCTORS**

ORC is pleased to welcome the following new instructors to our highly qualified and experienced team.



**Katia Ponce**

**Hot Yoga**

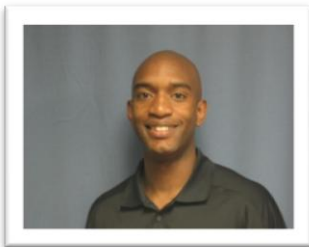
Monday 9:30 to 10:30am and 12:15 to 1:15pm

Wednesday 6:00to 7:00am

Katia's passion and devotion to a healthy and holistic wellness lifestyle provides the foundation for her life, and for her teachings.

As a yoga practitioner for over 15 years, Katia began her yoga journey in 1995 while pregnant with her first son. Without her knowing, this was the start towards a positive and enlightening life changing experience for her and her sons. Katia completed her certification program in 2007.

With a post graduate degree in Marketing and Communication as well as a Certified Yoga Instructor and Registered Holistic Nutritionist Katia is delighted to join the ORC team and is looking forward to sharing the wonderful life changing experience that yoga can bring.



**Daniel Smikle-Peters**

**Body High Intensity**

Thursday 7:40 to 8:30pm

Daniel has been working as a fitness professional since 2007. Since then, he has been exposed to many clients with a variety of goals including general health, rehabilitation, sport-specific training, and fitness training for job opportunity and performance. Those experiences inspired Daniel to become a knowledgeable in all aspects of fitness trainer instead of having a training specialty. Drawing upon his academic background and athletic experiences, Daniel looks to achieve one solitary goal: "Create the best program for a given person at a given time". Daniel enjoys studying various components of exercise science and learning from other professionals to better achieve his goal and serve his clients.

"I look forward to meeting you and hopefully share my training philosophies to help you achieve your goals!"

Daniel's certifications include Bachelor of Arts, Certified Personal Trainer, Certified Personal Trainer. He is currently pursuing certification as an Exercise Physiologist (CSEP).



**Peter Stevens**

**Spinning**

Thursday 9:15-10:30 am

Saturday 10:20-11:20 am

Athletics has always been a large part of Peter's life. He attended New Mexico State University and Saint Mary's University on athletic scholarships for football and Track and Feild. He graduated with an Honours B Comm. and was drafted by the Montreal Allouettes of the CFL in 1973. With his competitive attitude and a bit of training got Peter has completed several marathons, many 10Ks and too many to count 5Ks. Due to a knee injury Peter took up cycling and became a certified spinning instructor. "I'm totally passionate about my outdoor cycling

and indoor spinning classes”.

“As a group fitness instructor it is all about helping individuals achieve their maximum potential regardless of fitness level, creating a sense of accomplishment, being safe and having fun. I can guarantee that every one of my classes is different and each one will challenge your personal limits!” I believe: Age is not barrier! Fitness is a lifestyle! Be passionate! Live large!



### **Nikki Bergen Ballroom**

Classes for Beginner and Intermediates. Singles and Couples welcome. Friday nights at 8:00pm starting October 1<sup>st</sup>.

A life-long Ballroom Dancer, Nikki is a McGill Business school grad come entrepreneur. After touring and teaching Salsa across North America and Mexico, Nikki founded a mobile Ballroom, Latin and Stott Pilates training company with locations in physical therapy clinics and boutique gyms across the GTA.

It was while working with a Ballroom dance student coping with Multiple Sclerosis that Nikki discovered the power Pilates has to heal; bringing greater body awareness and movement. Today she is a sought after Pilates Instructor and works alongside rehab professionals to treat a wide range of clients – from elite athletes, to those coping with scoliosis, sciatica and pregnancy related pain. A passionate believer in the healing power of movement, Nikki works with the nonprofit “Dancing With Parkinsons,” teaching weekly group classes for students coping with the disease. She is also a member of Mambo Dream Team, an internationally renowned (Germany, Poland, Israel, Mexico, New York) performance group that combines Latin dance with acrobatics and aerial work.

Nikki’s motto is passionate and simple: move, dance, live!

## **MORE! OF WHAT YOU LIKE**

**We still offer all of your old favorites, including**

- Group Fitness Orientation Classes (Yoga, Pilates, Group Power, Group Step)
- Group Power and Group Step Classes
- Yoga (non heated room)
- Yoga and Abs
- Spinning with Val, Heidi, Liz, Steph, Joelle, Pam, Kirsten and, new to the spinning team, Peter
- Training wheels (preparation for Indoor Cycling)
- Pilates
- Total Body Conditioning (TBC)
- Ab Ripper
- Hard Core

- Body Blast Cardio
- Ball Strength and Stretch
- Healthy Lifestyle
- Urban Tai Chi
- Zumba Gold--Come out to the Party!
- Ballroom Dancing Friday nights with Nikki Bergen

The full schedule of all of our Fall Programs is available online at [ontarioracquetclub.com](http://ontarioracquetclub.com).

For details on all of our regular and new classes and programs, please see the 2010/2011 program guide, visit us online ([ontarioracquetclub.com](http://ontarioracquetclub.com)) or speak to your instructor or Group Fitness Director, Gloria Atkinson (ext 276).

### **NEW! ONLINE MEMBER SERVICES**

You will be able to download all of our group fitness schedules online at [ontarioracquetclub.com](http://ontarioracquetclub.com).

We are overhauling our website (and would like to apologize for any frustration you may be experiencing with our current website). As well as a new look and structure, our new and improved online presence will include opt-in RSS Feeds that will give you the latest scheduling news plus any class changes.

Coming soon. . .you will also be able to look at the ORC Screens conveniently positioned around the club for the latest class scheduling information.

**For further information on any of our Group Fitness classes, clinics and programs, please contact Gloria Atkinson on 905 822 5240 (ext 276) or [gatkinson@ontarioracquetclub.com](mailto:gatkinson@ontarioracquetclub.com)**

**For our daily instructor schedule, please call 905.822.5240 and then push the following extension number:**

- **Monday (ext 600)**
- **Tuesday (ext 599)**
- **Wednesday (ext 598)**
- **Thursday (597)**
- **Friday (ext 596) for Fri**
- **Saturday (ext 595)**
- **Sunday (ext 594)**