

Inside Track

Confederation College Fitness Centre

Annual Members Social

Spring 2008

Community members of the Confederation College Fitness Centre are invited to our Annual Members Social. The event is scheduled for Monday, April 21st 2008 at the Eclipse Tavern

located on the second floor of the Knights of Columbus Centre-301 May St. South.

The festivities begin at 6:30 pm and run until 8:30pm. There will be free beef on a bun and cash bar available and you can

enter to win draw prizes. You must pick up a ticket from the front desk of the Fitness Centre no later than April 16/08. Tickets are limited to the first 60 people. Don't wait! Come out and have some fun.

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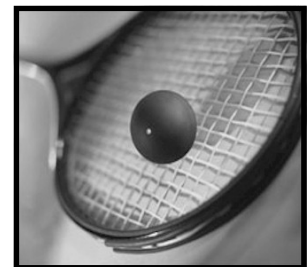
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Members Squash Tournament

All Fitness Centre Community Members and Confederation College Students can enter into our free Annual Squash Club Tournament.

Registration sheets may be picked up at the front desk of the Fitness Centre. Men and women, Divisions A, B, and C. Tournament takes

place on April 4th and 5th. Come on out and show your stuff! Prizes to be won.



24th Annual Chronicle Journal Kids Fun Run

What better way to ring in the summer than with our Annual Kids Fun Run. The event takes place on Sunday, June 1st 2008. Come join us as 300 kids participate in this non-competitive event and several hundred friends and family come to Confederation College Fitness Centre to cheer these enthusiastic competitors to the finish line. The event is designed to promote fun, fitness and friendship, where everyone is a winner and everyone receives a participation medal. Over and above the excitement of the main event there are activities such as face painting, fish pond, soccer, beach volleyball, basketball, tennis

with the Ontario Tennis Association and caricatures for all to have fun. Events begin promptly at noon. Enjoy the bar-b-q, and many activities and demonstrations by Karate North and Superior Trampoline. 2008 Fitness Centre Kids Fun Run entry forms will be available:

May 1st 2008.

Children between the ages of 5–14 can choose to run or walk the following categories.

Ages 5-7 800 meters

Ages 8-10 1.5kms

Ages 11-14 3.0kms



About Anne Parr-Group Fitness Instructor

You have probably seen Anne's smiling face in our Fitness Centre hallways. Anne is one of our Group Fitness leaders and also our Can Fit Pro Fitness Instructor Specialist Pro Trainer. Her classes are

always packed full of eager participants awaiting her contagious high energy and fun loving classes. Anne is a graduate of the Recreation Leadership Program and the Ontario Fitness Council Program for Fitness

Instructors. Helping people create a happy, healthy lifestyle, is Anne's passion. If you have the chance hop into one of her classes and experience a new outlook on fitness. We appreciate all of Anne's hard work.

Tennis, Music, & Television Surveys

Over the last month or two there have been concerns expressed regarding access to tennis court bookings. When you purchase a Gold membership with the intention of playing tennis you are entitled to the same services and court times as every other Gold Member. This means that you are not guaranteed a tennis court on certain days/times/specific courts. You are entitled to a maximum of one session per day. There are also several daily requests to change the music and television stations throughout different areas of the Fitness Centre. The Fitness Centre has created a pair of surveys, in which Community

members and students are invited to take part. There are two different surveys. One survey is specific to the music and television in the Fitness Centre and the second one is specific to the tennis courts. Please come to the front desk and fill in surveys regarding these matters. The surveys do not take much time to fill out and will give us strong input on what the majority of our members would prefer. The surveys can be anonymous if you choose. Members and students may only fill out one survey each to avoid misrepresentation of the survey results. You may pick up surveys from the front desk and take them home to fill out if you prefer. Please

return surveys to the front desk staff of the Fitness Centre as soon as possible. Surveys will be available until April 7th 2008. We appreciate all your feedback. Thank-You!




Hiring Group Fitness Instructors

The Fitness Centre is looking for Certified Group Fitness Instructors with great leadership skills, enthusiasm, and who will be available to teach classes this coming fall. We are looking for instructors who are able

to teach a variety of classes and/or new innovative programs. Certified Spin Instructors are also needed. Please drop by a resume at the Fitness Centre or e-mail Carol Arvonio, Fitness Coordinator at

carvonio@confederationc.on.ca or call 475-6484. Come join our fitness team and help us actively change lives.

Spring Fitness Programs

Monday	<i>Morning Energizer</i> 9:30am	<i>Lunch Express</i> 12:10pm	<i>Happy Hour</i> 5:00pm	<i>Hatha Yoga</i> 5:00pm	<i>Cardio Pace</i> 6:00pm	<i>The Fit Bride</i> 6:00pm	<i>Total Fitness</i> 7:30pm
Tuesday	<i>Cardio Pace</i> 9:30am	<i>Pace Express</i> 12:10pm	<i>Spin & Abs</i> 5:00pm	<i>Cardio Kick</i> 6:00pm			
Wednesday	<i>Morning Energizer</i> 9:30am	<i>Lunch Express</i> 12:10pm	<i>Happy Hour</i> 5:00pm	<i>Hatha Yoga</i> 5:00pm	<i>Cardio Pace</i> 6:00pm	<i>The Fit Bride</i> 6:00pm	<i>Total Fitness</i> 7:30pm
Thursday	<i>Cardio Pace</i> 9:30am	<i>Pace Express</i> 12:10pm	<i>Spin & Abs</i> 5:00pm	<i>Cardio Kick</i> 6:00pm			
Friday	<i>Morning Energizer</i> 9:30am	<i>Lunch Express</i> 12:10pm	<i>Happy Hour</i> 5:00pm				
Saturday	<i>Weekend Warrior</i> 10:00am						

Can Fit Pro Fitness Instructor Specialist Certification

Become a Certified Fitness Instructor!

This course recognizes the leadership, motivation and practical training required for group exercise instructors who train to develop a safe and effective exercise class. The Fitness Instructor Specialist Certification process involves the evaluation of basic fitness theory and practical skills.

Call Anne Parr at 577-9620 or register at the Confederation College Fitness Centre.

May 2008

Friday, May 23rd

Saturday, May 24th

Sunday, May 25th

Register before May 10/08

Exam Date

Thursday, June 26th

October 2008

Friday, October 17th

Saturday, October 18th

Sunday, October 19th

Register before October 3rd

Exam Date

Saturday, November 15th

