



InSide Track

FALL 2008

Actively Changing Lives

Survey Results

Last winter the Fitness Centre distributed surveys regarding Tennis & TV/Music services. We asked our members and students to help us understand how we can better serve our clients.

According to our survey results we found no support for any changes to the tennis policies or practices. Current policies will remain in effect. As we expected. Support

for Junior Development is strong except when it comes to expansion of the program. As for the music in various parts of the Fitness Centre the genre of music was reaffirmed by the survey's as follows:

Cardio Room: Rock

Nautilus Room:
Easy Listening/
Rock

Weight Room:
Heavy Rock

The most popular

choices for programs on the TV's were sports, news, and the Weather Network.

We thank everyone for their participation in the survey's. We value our members opinions & concerns.

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Runner's Tracker Map

Our Runner's/Walkers may now track their distances on the new Runner's Tracker Map posted up on the hallway bulletin board. Simply put

your name on the list provided at the bottom of the map and enter your distances whenever you come back from a run/walk. The map trail covers

the distance around the lake. The route is known as the Lake Superior Circle Tour. Track your distances and see how long it takes you to travel

around the lake. Awards may be given out at the members social for most kilometres tracked. Also, look for draws and prizes for completed distance at particular levels.

Photo ID System

The Fitness Centre will soon be issuing plastic photo identification cards. These cards will display the member's picture, name, membership type, and expiration date. Photographs must be taken of every member for their ID card. This card will help to limit identity theft so that we can ensure our members a safe and secure environment. These will also be less of an issue when members do forget their cards since their photograph will be stored in the Fitness Centre database. We do encourage all members and students to have their cards present when checking-in and a membership card is required to sign out any sporting or fitness equipment and lock or towel service.



We will be issuing these cards gradually, replacing memberships that are up for renewal between six to twelve months in length. Short term members will still receive the current membership cards until further notice. We ask for everyone's cooperation during this transition. Our goal is to replace all membership cards.

Photo ID Card

“LifeStyles” Weight Loss Support Group

“LifeStyles” is a weight loss support group for all ages and sizes. Your team of professionals will meet you weekly for private weigh-ins, instructor led workouts, support, and educational programs to help guide you through your journey to a more active, healthier lifestyle. Call Carol at 475-6484 for more details.



Saturdays

14 week program

10:00 am - Noon

\$95.00 / person

Hosted by Carol Arvonio & Lisa Geurts

Busy Summer

It has been a busy summer for the Fitness Centre. Our staff have been working hard to finish improvements to the Fitness Centre before the fall rush. Painting the walls along the hallways, patching and painting the walls in the weight room, installing a new stone path to the outdoor tennis courts, etc. are just a few of

the items that were on the "To Do" list for the summer. Major improvements were done to the Men's Shower Area. The tile flooring and one shower bank have been replaced. The Women's Day Locker Room has also had some repairs and improvements to the showers. Our team has worked hard all summer to

provide our members and students with a facility they can enjoy. Thanks to all our hard working staff for the time and effort they put in this summer to help us accomplish our goal.

Welcome Students!

Welcome back to our new and returning students. A reminder to all full-time students that you receive a Gold Membership to the Fitness Centre. You are able to access the full facility at no charge. All full-time students also receive 10%-25% of any

fitness program. So, try a class or if recreational activities are more your thing we have basketball, squash, tennis, and a track for your convenience. A student card is required to check-in and to rent or borrow any sporting/fitness equipment from the facility.

You must have your student card to present each time you check-in

Towel and locker service can be purchased for an additional charge.

Women & Weights

Training with friends is a fresh and modern fitness trend! The Fitness Centre can offer training groups for two to four people. This course is ideal for those who enjoy the social aspect of working out with a small group of people who have similar fitness goals and desire to confidently & safely train with weights. It's affordable and incredibly motivating!

6 Week Program

One Hour

Twice / week

\$99 / person

Personal Trainer Carol Arvonio

Please call 475-6484 to make schedule arrangements.



Fall Fitness Programs

Monday	Morning Energizer 9:30-10:30 am	Lunch Express 12:10-12:50 pm	Hatha Yoga 12:10 – 12:50 pm	Happy Hour 5-6 pm	Hatha Yoga 5-6 pm	Weekday Warrior 6-7 pm	Total Fitness 7:30-8:30 pm
Tuesday	YoChiLates 9:30-10:30 am	Pace Express 12:10-12:50 pm	Power Yoga 12:10-12:50 pm	Spin & Abs 5-6 pm	Butts & Gutts 7-7:40 pm		
Wednesday	Morning Energizer 9:30-10:30 am	Lunch Express 12:10-12:50 pm	Hatha Yoga 12:10 – 12:50 pm	Happy Hour 5-6 pm	Hatha Yoga 5-6 pm	Weekday Warrior 6-7 pm	Total Fitness 7:30-8:30 pm
Thursday	YoChiLates 9:30-10:30 am	Pace Express 12:10-12:50 pm	Power Yoga 12:10-12:50 pm	Spin & Abs 5-6 pm			
Friday	Morning Energizer 9:30-10:30 am	Lunch Express 12:10-12:50 pm	Happy Hour 5-6 pm				
Saturday	Weekend Warrior 10:30-11:30 am				NON-MEMBERS WELCOME!		

Can Fit Pro—Fitness Instructor Specialist Course

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 and/or register at the Confederation College Fitness Centre.

OCTOBER 2008 COURSE

Friday, October 17th

5:00 –10:00 pm

Saturday, October 18th

8:00 am - 8:00 pm

Sunday, October 19th

8:00 am –3:00 pm

Register before October 3rd/08

Exam date November 15th/08

JANUARY 2009 COURSE

Saturday, January 24th

9:00 am –3:00 pm

Sunday, January 25th

9:00 am –3:00 pm

Saturday, January 31st

9:00 am - 3:00 pm

Sunday, February 1st

9:00 am –3:00 pm

Register before January 10/09

Exam date March 7th/09



Register 2 weeks prior to course start date and exam date to avoid a \$25.00 late fee.