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## FITNESS CENTRE

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Fitness & Wellness Director (Maternity Leave): Christine Filewich  
Interim Fitness & Wellness Director (Youth Director): Matthew Graves  
Fitness & Recreation Office: 780.437.8398  
Email: athletics@derrickclub.com

### Hours of Operation

Monday – Sunday & Holidays 6:00 a.m. – 11:00 p.m.

### Registration Policy

Members are responsible for registering and cancelling from fitness programs online. Unless otherwise noted, all classes are ongoing “monthly programs,” and run from month to month without interruption. Cancellation must be done online one week (7 days) prior to the first of the month, or you will be charged in full. Program instructors are not responsible for registration or cancellation.

### Fitness Centre Orientations

We teach you to use equipment properly. Learn about the programs we offer and choose ones that suit you and your lifestyle. Orientations run on Saturdays from 1:00 – 1:30 p.m. If this time doesn't work for you, please contact us and we will suggest alternatives. Email athletics@derrickclub.com or call 780.437.8398 to register for an orientation at no cost.

### Fitness Classes

Not sure which class is right for you? Arrange for a trial class through Matthew in the Fitness Office.

### Missed the start date of a program?

No problem! You can still register for a program even if it has started unless otherwise stated. The price of the class will be modified to correspond with your registration date.

### Class Cancellation

All classes are cancelled on statutory holiday weekends.

October 12 – 14 Thanksgiving Weekend  
November 9 – 11 Remembrance Day Weekend

### Fitness Class Drop In

*Drop in to programs that are already running*

An alternative for members who want to attend the occasional class or try something new. Check the monthly schedule or call to ensure the class is running and not full.

\$12/class - Monthly Fitness Pass  
\$15/class - Specialty Fitness Classes  
\$20/class - Marjorie O'Connor's classes

Yoga Drop In

\$15/class for a 1-hour class  
\$18/class for classes longer than an hour

### Monthly On-Going Program

#### Monthly Fitness Pass **7**

\$48/month

Enjoy variety in your fitness. The monthly pass enables you to participate in a variety of classes for one affordable price. This program is billed continuously each calendar month until cancelled on GameTime. Most classes take place in the studio, unless otherwise noted. See list of classes below.

Classes begin September 3, 2019.

Classes cancelled Oct 12, Oct 14, Nov 9 & Nov 11

#### Muscle Works Fat Burning

This class is structured with lighter weights and higher repetitions. Come to boost your metabolism, continuing to burn fat long after the class is over! Lunge, squat, curl, sweat and enjoy a group workout. Designed for men and women — anyone who wants to increase muscle definition.

Monday | 9:00 – 10:15 a.m.

*Monthly Pass*

#### Spin & Strengthen

This class focuses equally on spin and resistance training. A portion of each class is spent on the bike, and with functional resistance exercises. Incorporating a variety of equipment, such as BOSU balls, resistance bands and gliders, this class is dedicated to producing transferable fitness.

Monday | 6:15 – 7:15 p.m.

Thursday | 9:00 – 10:15 a.m.

*Monthly Pass*





### Spin

Develop power in this spin class. You'll get a great sweat in this program — cardio is the main focus. A variety of core exercises will be included and class ends with a nice stretch.

**Tuesday** | 9:00 – 10:00 a.m.

*Monthly Pass*

### Back to Basics

Develop or redevelop your training technique. Work on joint mobility, stability and the fundamental movements found in any good weight training program. Poor technique is not an option! Learn proper weight training practices to get the most out of your session. This is a low intensity and low impact class—great for beginners!

**Wednesday** | 9:00 – 10:00 am

*Monthly Pass*

### Spin & Yoga Core

Spin and Yoga Core is a great balance of activity that will improve cardiovascular health and core strength. Whether you are aiming to lose weight or improve your level of fitness, this class is a step towards achieving your goal!

**Wednesday** | 6:30 – 7:30 p.m.

*Monthly Pass*

### Synergy 360 Circuit

Enjoy variety as you explore the Synergy360 – the large apparatus in the Strength and Conditioning Room which accommodates many users at once and offers a plethora of fun and challenging exercises.

**Thursday** | 6:00 – 7:00 p.m.

*Monthly Pass*

### Total Body Conditioning (TBC)

If you're looking for a full-body, high-energy, group-based resistance training workout, this class is a must! The class combines strength, endurance, balance, and core work.

**Friday** | 9:00 - 10:00 a.m.

*Monthly Pass*

### Weekend Step & Strength

Start your weekend with a full-body workout that will develop strength, flexibility and cardiovascular endurance. Easy to follow aerobics and calisthenics kick start your metabolism and strength exercises improve your muscle tone. The weekend is the perfect time to sweat away your stress and tightness from a busy week!

**Saturday** | 10:00 – 11:00 a.m.

*Monthly Pass*

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## SPECIALTY HEALTH & WELLNESS

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### Early Riser Boot Camp **7**

Instructor: Rachelle McGillivray

Join us for fun and fitness. These sessions will combine strength, endurance, power, balance, coordination, agility, speed and flexibility to give you one killer workout. Class will take place in the main gym. Workouts will be scaled to individual fitness levels, whether you work out 5 times a week or not at all, you will be challenged.

**Monday & Wednesday** (twice a week)

September 9 – December 11 | 6:00 – 7:00 a.m. | \$340

Class cancelled October 14 & November 11

### Barre Method Intensive **7**

This class is taught by an instructor of Marjorie O'Connor's Barre Method, which is slightly different from your traditional Barre studios. Experience a full body barre flow workout, targeting arms, abdominals, thighs and glutes. This class emphasizes technical execution while working the muscles to fatigue - developing muscle stamina and endurance, while incorporating isometric holds, interval cycles and stretching to ensure you get a complete and well-balanced body workout. Please wear bare feet, soft soled running shoes or barre sox.

**Monday** | Sept 9 – Dec 9 | 7:30 – 8:30 p.m. | \$160

Class cancelled October 14 & November 11

### Best of Both Worlds **7**

Get the Best of Both Worlds in this fast-paced energetic class combining a variety of strength drills and functional movements using hand-held equipment and body strength, along with bursts of cardio explosion and HIIT drills. Think Insanity and P90X morphed with CrossFit but with proper form. You can get and stay in shape injury free! You'll get comfortable doing various speed techniques and drills, and use a wide assortment of equipment: battle ropes, agility ladders, speed cones, plyo box and more. Each class will be different and exciting, giving you a full-body workout. Your fitness leader can offer modifications to movements and drills so all fitness levels are welcome. The drills in this total-body strength and conditioning class, along with the group's motivation will push you past your plateaus. What are you waiting for?

**Monday** | 9:15 – 10:15 a.m. | Sept 9 – Dec 9 | \$160

Class cancelled October 14 & November 11



### **Derrick Club Functional Training (DCFT) NEW 7**

From body stabilization to power development, this class doesn't miss one aspect of physical readiness. In the first weeks we will focus on basic body patterns, first developing childhood DNS (Dynamic Neuromuscular Stabilization), restoring the body functions of stability, balance, and functional mechanics. The second half of the cycle we will develop control, speed, strength and power, applied to basic human movements, running, jumping, squatting, pulling and pushing. We will also include fall prevention techniques with ADL (Activities of Daily Living) enhancing drills.

Tuesday | Sept 10 – Dec 10 | 6:00 – 7:00 p.m. | \$160

### **MOC 45/30 7**

Join Marjorie O'Connor for a refresh on her signature class! 45 minutes of HIIT Strength, Barre Chisel and Pilates Core plus 30 minutes of Stretch and Mobility. 75 minutes total of full-body aligning, conditioning, and deep stretching.

Wednesday | Sept 11 – Dec 11 | 9:30 – 10:45 a.m.  
\$225 Drop In: \$20

### **Range of Motion Restoration/Maintenance (ROM) NEW 7**

This class is designed to highlight, restore and maintain limb ranges of movement. We use various warm-up drills, cool-down techniques, core and glute activation drills, passive and active stretching and more advanced sport therapy techniques. Learn to effectively use direct stretching tools like lacrosse balls, elastic bands and foam rollers.

Wednesday | Sept 11 – Dec 11 | 7:45 – 8:45 p.m. | \$160

### **HIIT Boot Camp – Daytime 7**

Instructor: Mason Rabinovitch

This class is designed for maximum calorie burn with strength and resistance training to tone and tighten from head to toe. Get fit and healthy, be challenged in your mind and body, and have a blast. We will combine strength, cardio, muscle endurance, flexibility, core and functional movement patterns. You'll get everything you need!

Class 1:

Tuesday | Sept 10 – Dec 10 | 9:00 – 10:00 a.m. | \$175

Class 2:

Thursday | Sept 12 – Dec 12 | 9:00 – 10:00 a.m. | \$175

### **Tai Chi 7**

Tai Chi (Chuan) was developed many centuries ago. Its graceful movements help balance the body's internal yin and yang. It helps develop both physical and mental means. From practicing Tai Chi, you will have better balance, flexibility, relaxation and coordination. Regular practice of Tai Chi relieves stress and has many health benefits. You will learn about the Yang and Wu style Tai Chi, the theory of Tai Chi, its benefit, and breathing exercises. Class will start with warm up exercises, followed by Tai Chi. There is a meditation exercise to conclude the class.

Class 1:

Tuesday | Sept 10 – Dec 10 | 12:00 – 1:00 p.m. | \$160

Class 2:

Wednesday | Sept 11 – Dec 11 | 10:30 – 11:30 a.m. | \$160

Class 3:

Thursday | Sept 12 – Dec 12 | 7:15 – 8:15 p.m. | \$160

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## **RACER CYCLING**

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### **Coach: Ken Riess**

Ken is long time endurance athlete. He has been active in coaching and a competitive bike racer/triathlete for over 3 decades. He has a great mix of experience and education to help all athletes - specifically master athletes - reach peak fitness.

This group program offers members a challenging workout; in addition, workouts are periodized to prepare those who want to hit the road next spring with a high level of fitness. With the use of indoor cycling trainers, this course works on endurance, power and technique throughout the indoor season. A basic knowledge of cycling, your own bike and trainer (which can be stored at the club) are all that is required. A mountain bike is fine as long as you have a proper training tire for the trainer. You will need to change into a slick rear tire. We have a limited number of Tacx Flow wattage trainers that participants may use but you require your own skewer and training tire. Coach Ken will be available if you have any questions. Each person will set and accomplish their personal goals during sessions. Experience riding a road bike is an asset but not mandatory.

The program will offer an interactive and personalized experience, but can be more immersive if you have an ANT+ or Bluetooth heart rate monitor, speed/cadence sensor or power meter on your bike - though these are not a requirement.

Class 1: 5 6 7

Tuesday | 6:00 – 7:00 a.m.

Oct 15 – Dec 10

Cost: \$135

Class 2: 5 6 7

Friday | 6:00 – 7:00 a.m.

Oct 18 – Dec 13

Cost: \$135




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## PERSONAL FITNESS TRAINING & CONSULTATION PROGRAMS

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The best way to maximize your efforts and ensure results is with a personal trainer! We'll help you avoid the common mistakes that waste time, while teaching you techniques to make your exercise routine more effective. Make a real difference in your workouts with the following options. Contact the Fitness Office at 780.437.8398 or email [athletics@derrickclub.com](mailto:athletics@derrickclub.com) to set up an appointment. More information about our personal trainers is available on our website at [www.derrickclub.com](http://www.derrickclub.com).

- **Christine Filewich** (Maternity Leave)  
**Fitness & Wellness Director,**  
**Level III Trainer**  
MSE, BSE, CSCS, NSCA-CPT, FMS,  
Precision Nutrition
- **Matthew Graves**  
**Youth Activity Coordinator,**  
**Level II Trainer**  
BSc, ACE-CPT, ELA-PFT, ACE-YAS,  
ACE-SCS, ACE-FTS
- **Rachelle McGillivray**  
**Level III Trainer**  
BEEd, CSEP-CPT, FMS, AKG, TPI Level 1
- **Steph Fisher**  
**Level III Trainer**  
BKin, CSEP-CPT
- **Graham Doody**  
**Level III Trainer**  
BARLS – Sports Performance, CSCS,  
CFL2, Precision Nutrition 1
- **Mason Rabinovich**  
**Level I Trainer**  
NAIT-PFT, CSEP-PFT
- **Devon Edmunds**  
**Level I Trainer**  
AFLCA CFT, Rugby Coaching Level 1
- **Daniel Kajilanic**  
**Level II Trainer**  
Australian Academy of Sport & Fitness

### Personal Training Program Rate

#### Level 1 Trainer Rate

\$62 per 1-hour session  
\$37 per 30 minutes  
\$520/10 sessions & regular clients

#### Group Rates:

\$75 for 2 people  
\$95 for 3 people  
\$105 for 4 people

#### Level 2 Trainer Rate

\$67 per 1-hour session  
\$42 per 30 minutes  
\$570/10 sessions & regular clients

#### Group Rates:

\$80 for 2 people  
\$100 for 3 people  
\$110 for 4 people

#### Level 3 Trainer Rate

\$72 per 1-hour  
\$47 per 30 minutes  
\$620/10 sessions & regular clients

#### Group Rates:

\$85 for 2 people  
\$105 for 3 people  
\$115 for 4 people

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## GROUP PERSONAL TRAINING PROGRAMS

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### Flexible group scheduling and training options **NEW** (Formerly Ladies Who Lift & Co-Ed Group Training)

Are you interested in working with a personal trainer but prefer training with friends or would like to save on cost? Group personal training programs allows you to start group training without having to organize the group yourself. You get affordability, camaraderie and the benefits of working with a qualified trainer: accountability, motivation, exercises chosen and modified for your goal and abilities. There is a maximum of 4 participants in our group training sessions.

### Beginner Groups **7**

These groups are for those who have little experience using weight equipment and free weights and are looking to gain strength, speed up their metabolism, and gain confidence in the gym. Learn to strength train and use weight areas safely and effectively. If you have experience with lifting but have not done it for a while, we suggest you start here.

### Intermediate Groups **7**

These groups are for those who are already exercising somewhat regularly. You may be lifting weights as part of your routine and know basic technique and exercises but you're ready for extra guidance and motivation. Perhaps you've been working out regularly but have hit a plateau and are looking for a program to get over that.

The cost is dependent on the trainer's level, but starts at:  
\$37.50/hour session if you are in a group of 2  
\$31.67/hour session if you are in a group of 3  
\$26.25/hour session if you are in a group of 4

If you are interested in a group personal training program, contact [athletics@derrickclub.com](mailto:athletics@derrickclub.com) or 780.437.8398. Let us know your schedule availability, the size of group you'd like, and whether you'd prefer a beginner or intermediate group, co-ed or ladies-only. We'll do our best to match you with other interested members.