

Wildcat Cliffs Fitness & Activities Centre

Schedule of Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am-10:00am Total Body Sculpt	9:00am-10:00am Men's Tennis	9:00am-10:00am Total Body Sculpt	9:00am—9:20am Exercise 101	9:00am-10:00am Total Body Sculpt	10:00am-11:00am Pilates
10:00am-11:00am Ladies Tennis	10:00am-11:00am Cardio Strength for Men	3:00pm-4:00pm Water Aerobics	9:40am—10:00am Exercise 101	9:00am—10:00am Ladies Tennis	
12:00pm Golf Course Stretching Before Mixer	12:00pm-12:20pm ABC		10:00am-11:00am Walking Club (with Pedometers)	3:00pm—4:00pm Water Aerobics	
3:00pm—4:00pm Water Aerobics			12:00pm-12:20pm ABC		
4:00pm—5:00pm Pool Closed Cleaning			4:00pm—5:00pm Pool Closed Cleaning		

Class Descriptions:

- **ABC**—(Abs + Back = Core) a strong core can add yards to your golf drive. A short, 15-20 minute class focusing on your core muscles.
- **Cardio Strength for Men**—Designed to help work on areas specific to men's needs. Includes cardiovascular workout to increase heart rate as well as, stretching, flexibility and strength training.
- **Exercise 101**—If you have decided to workout and don't know where to start, try out one of the two 20-minute fitness classes for beginners.
- **Golf Stretching**—(at Golf Course) serves to prevent injuries and back pain from occurring during play. Simple golf stretches will loosen your body up for the game. (Approx. 10 minutes, Available until 12:30pm)
- **Pilates**—Traditional series of postures designed to improve flexibility, strength and body awareness.
- **Total Body Sculpt**—Focuses on the entire body. We will incorporate weight bearing exercises, bands, balancing and flexibility.
- **Walking Club**—Pedometers will keep track of your steps in this hour-long walk around the club.
- **Water Aerobics**—Effective exercise class in the pool, that is easy on joints, great for flexibility and increases your balance and strength.

