

TOWER

sports ▲ fitness ▲ energy ▲ for life

Winter 2012

Membership
& Program
Information



(902) **420-5555**

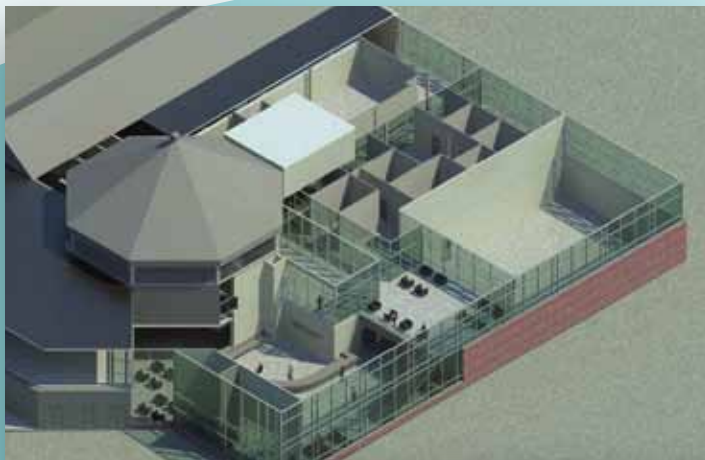
920 TOWER RD, HALIFAX
WWW.SMUHUSKIES.CA



SAINT MARY'S
UNIVERSITY SINCE 1802

One University. One World. Yours.

The Homburg Centre for Health & Wellness



**Opening
April 2012**



The Homburg Centre for Health & Wellness will enable Saint Mary's University to lead the way in providing a facility for the total well-being of its students and the University community. The Homburg Centre will include the Centre for the Study of Sport and Health, integrated wellness space, Community Studios, classroom, seminar space and offices.

During the construction period changes that will disrupt Tower Members' use of the facility will be posted in the facility and emailed to members.

Welcome to The Tower

The Facilities

CARDIO ROOM—Includes cardio machines, light weights, spin bikes and classes, stretching area, individual strength circuit machines, multi-unit cable machines and hydraulic circuit for a quick workout.

WEIGHT ROOM—plate loaded machines, squat racks, barbells, dumbbells and power-lifting platforms.

GROUP FITNESS ROOM—floating hardwood floor, a variety of fitness classes offered and the latest in group fitness equipment.

COURTS—4 international squash courts with sanded hardwood floors.

GYMNASIUM—basketball, badminton and volleyball courts with indoor track.

SPA AREA—sauna and steam room.

OUTDOOR FACILITIES—running track, arena and stadium with artificial field.

All Memberships Include

- Towel service
- Free Parking (1 year & 4 month memberships)* The Tower Parking pass allows you to park in any lot on campus with a 3 hour parking limit per day.
- 2 Day passes (1 year & 4 month memberships)
- Co-ed Sauna and Steam room
- Access to all Group Fitness Classes (includes Spin Classes)
- Access to Cardio & Weight Rooms
- Changing rooms with day lockers and shower facilities
- Discounts on Active Living Programs and at The Tower Pro Shop
- Indoor track
- Outdoor track
- Two tickets to a regular season varsity home game (1 year & 4 month memberships)
- Gym for basketball.

Five Step Program FREE to Members

Your membership includes 5 FREE sessions with one of our Certified Program Staff. In each session you will learn how to use a variety of equipment which will help you to get started on your own workout routine. Appointments are booked in the Cardio Room or call 420-5008.

- Step 1** – Cardio and the Basics **Step 2** – Hydraulic Circuit
Step 3 – Strength Circuit **Step 4** – Abdominals & Core Stability
Step 5 – Advanced Exercise & Putting it all together

* Tower parking not available to Saint Mary's Staff, Faculty & Student memberships.

Membership Information

Membership Fees as of February 1, 2012

ONE YEAR MEMBERSHIP

Tower*	\$395
Tower Plus†	\$485

FOUR MONTH MEMBERSHIP

Tower*	\$195
Tower Plus†	\$245

ONE MONTH MEMBERSHIP (no discounts on this category)

Tower Plus†	\$62
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DAY PASSES AS OF JANUARY 1, 2012—\$10.43

Day Passes allow you access to all facilities. There are no discounts or refunds on day passes. Photo I.D. required for purchase of day passes.

Membership Discounts (I.D. is required for discounts)

Full-time SMU Faculty/Staff	50%
Part-time SMU Students, Faculty & Staff	25%
Saint Mary's Alumni	25%
Spouse (of a Current Member)	25%
55 Plus	15%
Outside Students	15%
Corporate	15%

Monthly Payment Plan

Monthly payment plans are available for One Year Memberships. Payment Plan using pre-authorized debit available for one year membership. A \$25.00 administration fee has been added to the monthly payment plan prices listed below.

TOWER	\$65.00 down + \$38.00/month (11 months)
TOWER PLUS	\$75.00 down + \$46.50/month (11 months)

Contact the Front Desk at 420-5555 for terms and conditions of our membership discounts, day passes, payment plans, registration procedure and refund policies.

All prices +HST except monthly payment plan

*Tower Membership includes Group Fitness Classes, Spin classes, Cardio Room and Weight Room.

†Tower Plus Membership includes all of the above, plus Squash Courts.

Student Information

Full-time Saint Mary's students receive a complimentary membership for the basic services at The Tower. Students must present their valid I.D. card to obtain access to The Tower. Cards are validated at the Library. All student memberships expire April 30, 2012. Summer memberships may be purchased from May 1–August 31. All students must fill out a 'Membership Application Form' and sign a waiver to gain access to The Tower. Forms are available at The Tower Front Desk or printed off our website.

Sport Clubs are designed to provide additional opportunities for individuals interested in a specific sport to develop or improve their skills, to participate recreationally or competitively in on-campus or (when necessary) local metro competitions, and establish social contacts. Sport Clubs are voluntary and non-profit organizations. Members assume the leadership and financial responsibilities of club activities, but are required to adhere to Department of Athletics & Recreation, and University guidelines and policies.

For more information on all Sport Clubs please visit our website www.smuhuskies.ca

Intramurals are offered throughout the Fall and Winter semesters for the following recreational sports:

- Co-ed Competitive Soccer
- Co-ed Recreational Soccer
- Co-ed Flag Football
- Co-ed Ultimate Frisbee
- Co-ed Softball
- Badminton League
- Competitive Ice Hockey
- Recreational Ice Hockey
- Co-ed Dodgeball Tournament
- Co-ed Indoor Competitive Soccer
- Co-ed Indoor Recreational Soccer
- Co-ed Basketball
- Mens Recreational Basketball
- Mens Competitive Basketball
- Co-ed Recreational Volleyball
- Co-ed Competitive Volleyball
- Loyola-Rice Hockey Challenge

See the website for more details on how to get involved www.smuhuskies.ca

Active Living Programs WINTER 2012

THE Member Early Bird date is available to Tower members who are registered at least 3 days before the class start date. If there are not minimum registrants by the early bird date the class may be cancelled. Member Early Bird rates CANNOT be prorated but Member and Non-Member rates CAN be prorated and you CAN register at any time. If you have any questions please call 420 5556 or email Sandra.Jamieson@smu.ca

How to Register for an Active Living Program

You may register in person or over the phone (420-5555) with Visa, Mastercard or American Express. To qualify for the members rate for an Active Living Program you must be a member for the duration of the program. A refund will be issued to you if the program is cancelled due to low registration. Refunds for cash, cheque or debit payments take 10 days to process and will be sent by mail. Refunds for Visa, MasterCard and American Express payments are processed immediately. *All requests for Active Living Class refunds must be received before the second class of the session.*

NEW! KidFit

This program is designed for kids 7-13 years of age to help promote confidence, fitness and athleticism, without a focus on any one sport in particular. This program will help kids develop a mind and muscle connection and develop coordination, aerobic conditioning, core stability and proper movement patterns with fun and challenging drills and exercises. Research shows that children need 60 minutes of physical activity every day, so your kids will be given "exercise homework" to do and keep track of between groups sessions to help keep them fit! Personal trainer and Sport Conditioning Coach Christie Mason will help your kids develop a passion for being active! Min 4/Max 12
Email: sportandhockeytraining@gmail.com

Tuesdays

4:15-5:15pm in the Group Fitness Room

All prices +HST

Session 1:	January 17–March 6 (8 classes)
Session 2:	March 20–May 8 (8 classes)
Early Bird Member:	\$40.00/session for parents who are members (if registered at least 3 days before start date)
Member:	\$45.00/session for parents who are members
Non-member:	\$80.00/session

NEW! SAQ (Speed, Agility, Quickness)

Speed, Agility and Quickness are three critical components to every athlete's success in their sport. This program is geared towards athletes aged 13-20 who are looking to improve their game. Whether your sport is hockey, ringette, soccer, or basketball, we will start by building a strong foundation of proper movement patterning and then focus on increasing first step quickness, deceleration, explosive speed, reactivity and multi-directional quickness. Join Christie Mason, Sport Conditioning Coach, to help take your sport to the next level. Min 4/Max 12. Email: sportandhockeytraining@gmail.com

Mondays

8:00-9:00pm in the Group Fitness Room

Session 1: February 20-March 26 (6 classes)

Session 2: April 16-May 14 (5 classes)

OR

Saturdays

11:00-12:00pm in the Group Fitness Room

Session 1: February 25-March 31 (6 classes)

Session 2: April 14-May 12 (5 classes)

Early Bird Member: **\$20.00/session** (if registered at least 3 days before start date)

Member: **\$25.00/session**

Non-member: **\$50.00/session**

Zumba!

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. Zumba Fitness® is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award winning producers, and contagious steps to form a "fitness-party" that is downright addictive. When participants see a Zumba® class in action, they can't wait to give it a try. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.

All prices +HST



Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness®-Party. It's easy to do, effective and totally exhilarating! Min 10/Max 55 Monday classes will be with Sonja Esber.
Email: sonjaesber@eastlink.ca

Mondays

6:35-7:25pm in the Group Fitness Room

Session 1: January 16-March 26 (11 classes)

Wednesday and Saturday classes will be with Carolyn Chang.
Email: carolyntchang@gmail.com

Wednesdays

6:35-7:25pm in the Group Fitness Room

Session 1: January 11-March 28 (12 classes)

OR

Saturdays

10:00-11:00am in the Group Fitness Room

Session 1: January 14-March 31 (12 classes)

Early Bird Member: **\$20.00/session** (if registered at least 3 days before start date)

Member: **\$25.00/session**

Non-member: **\$100.00/session**

Kettlebell Core

A class for men and women who are looking for a power packed resistance and cardio training workout. Shape and tone your core as well as the rest of your body while learning the basics of Kettlebells. These exercises can be incorporated into your existing workouts or done in stand-alone, high intensity, fat burning circuits. Instructor Stefanie Winters is certified as both a Personal Trainer and an Agatsu Kettlebell Instructor. Min 4/Max 12 Email: stefaniewinters@hotmail.com

Thursdays

4:05-4:55pm in the Group Fitness Room

Session 1: January 12- March 1 (8 classes)

Session 2: March 8-April 26 (8 classes)

Early Bird Member: **\$40.00/session** (if registered at least 3 days before start date)

Member: **\$45.00/session**

Non-member: **\$80.00/session**

B.A.S.E. Training

An athletic oriented class utilizing a variety of exercises, drills and equipment; increase your Balance, Agility, Strength and Endurance. Instructor Bobi MacKinnon is a licensed Occupational Therapist who has been teaching Group Fitness for 15 years. Min 4/Max 30
Email: sandra.jamieson@smu.ca

All prices +HST

Mondays & Thursdays

6:05-7:05am in the Group Fitness Room

Session 1: January 9-May 31 (40 classes) No class
April 9 and May 21

Early Bird Member: **\$20.00/session** (if registered at least 3 days
before start date)

Member: **\$25.00/session**

Non-member: **\$210.00/session**

The Biggest Loser

Enjoy the support and camaraderie of a group of like-minded participants (and have fun doing it) by participating in challenging, weight loss based workouts. Get motivated and stay motivated with your goals by tracking your progress with weekly weigh-ins. Beginners are welcome. Scheduled classes will be on Mondays at 5:05 to 6:05 (registration required) and Thursdays (5:15-6pm) drop-in (open to all members). Program participant weigh in and measurements are done on Monday. Non-members will have access to both classes per week and will have access to both classes in total. Min 4/Max 24 Email: annestephaniuk@gmail.com

Mondays

5:05-6:05pm in the Courtside Lounge

Thursdays

5:15-6:00pm (drop in) in the Group Fitness Room

Session 1: January 9-February 27 (8 classes)

Session 2: March 5-April 30 (8 classes) No class on
April 9

Early Bird Member: **\$25.00/session** (if registered at least 3 days
before start date)

Member: **\$30.00/session**

Non-member: **\$140.00/session**

NEW! Cross-Fit

Cross-Fit is a constantly evolving time-based high-intensity workout featuring some of the most unique and innovative programming available. Using elements from multiple facets of the fitness world, this weekly workout promises to be the most thorough you've ever experienced and the only one where participants pit themselves against their toughest opponent: Themselves. Taught by ANSI certified Crossfit Instructor Jason Ashman, this class will be done both indoors and out, in a variety of conditions. This program can be modified for individuals of any fitness level. Min 6/Max 20
Email: jasonashman@gmail.com

*All prices +HST***Wednesdays**

4:05-5:00pm in the Group Fitness Room

Session 1: January 18-February 29 (7 classes)

Session 2: March 7-April 25 (8 classes)

Early Bird Member: **\$20.00/session** (if registered at least 3 days
before start date)

Member: **\$22.00/session**

Non-member: **\$80.00/session**

Pilates

With a focus on core conditioning, awareness and alignment, Pilates is the perfect complement to cardiovascular exercise, sport, rehab, and life. Min 4/Max 13

NEW! Mat Pilates - Level 1 (For students who are new to Pilates.)

This new class will be led by Susan Cook and is limited to 8 to ensure extra attention to each participant. Email: susancook@eastlink.ca

Thursdays

5:00-5:55 pm in the VIP Room on the second floor

Session 1TH: January 12-March 1 (8 classes)

Session 2TH: March 8-April 26 (8 classes)

Mat Pilates - Level 1 (For students who are new to Pilates.)

Sore neck and back? The Mat Pilates Level 1 will introduce exercises that help you rebalance and renew. Stott Certified Instructor Susan Cook teaches the Stott Pilates fundamentals to strengthen and lengthen your spine. Email: susancook@eastlink.ca

Tuesdays

12:00-12:55 pm in the Group Fitness Room

Session 1T: January 10-February 28 (8 classes)

Session 2T: March 6-April 24 (8 classes)

OR NEW!**Thursdays**

11:00-11:55pm in the Group Fitness Room

Session 1TH: January 12-March 1 (8 classes)

Session 2TH: March 8-April 26 (8 classes)

Mat Pilates - Level 1 & 2 (This class is suitable for both beginning and intermediate participants)

Instructor Ocean Samuel will be leading this class based on the Stott Pilates method. She is a Certified Stott Pilates Instructor as well as a Group Fitness Instructor and has been teaching for 8 years. Email: ocean.fitness@hotmail.com

Wednesdays

5:05-6:00pm in the Courtside Lounge

Session 1W: January 12-February 29 (8 classes)

Session 2W: March 7-April 25 (8 classes)

All prices +HST



“Pilates is a great class that has helped my core and flexibility! Susan Cook provides personal instruction to individuals throughout the hour and makes each class enjoyable.”

• Ken Burgess, Tower Member

Mat Pilates – Level 2 – Pilates with Props

(For returning Pilates students who desire more movement, flow, and challenge.) These classes will help you to improve mobility, balance and relieve muscle stiffness using the Foam Roller, Stability Ball and other light fitness equipment. Jackie Vacca has 7 years experience teaching Pilates Mat, Reformer and Cardiolates, and over 30 years of experience as a Dance teacher. For any questions regarding her class at The Tower, Jackie can be reached at 422 5521.

Mondays

4:05-5:00pm in the Group Fitness Room

Session 1M: January 9-February 27 (8 classes)

Session 2M: March 5-April 30 (8 classes) No class on April 9

Mat Pilates – Level 2 – Pilates with Props

(For returning Pilates students who desire more movement, flow, and challenge.) Susan Cook continues to have great success with participants in Tuesday and Thursday classes. Susan is a Stott Pilates & Gyrokinesis (Dynamic Yoga) Certified Instructor and has taught Group classes at The Tower since 2000. Susan is a graduate of the Royal Winnipeg Ballet, and has performed with the RWB, Scottish Ballet, The Banff Centre for the Arts, and Jacob’s Pillow Dance Festival. Email: susancook@eastlink.ca

Thursdays

12:00-12:55pm in the Group Fitness Room

Session 1TH: January 12-March 1 (8 classes)

Session 2TH: March 8-April 26 (8 classes)

OR

Tuesdays

11:00-11:55am in the Group Fitness Room

Session 1T: January 10-February 28 (8 classes)

Session 2T: March 6-April 24 (8 classes)

Early Bird Member: **\$20.00/session** (if registered at least 3 days before start date)

Member: **\$25.00/session**

Non-member: **\$70.00/session**

NEW! Advanced Mat Pilates - Level 3

(5 years of previous Pilates practice is required to attend this class)

Min 4/Max 13. For questions please contact Jackie Vacca at 422 5521

Wednesdays

1:00-2:00pm in the Group Fitness Room

Session 1: January 11-February 29 (8 classes)

Session 2: March 7-April 25 (8 classes)

All prices +HST

Early Bird Member:	\$30.00/session (if registered at least 3 days before start date)
Member:	\$35.00/session
Non-member:	\$80.00/session

NEW! Pilates Equipment Interval Training

This is your opportunity to feel how the larger Pilates Equipment (Reformer, Cadillac, and Stability Chair) facilitate the Pilates exercises. Discover how the spring resistance equipment makes it possible to perform such moves as the Roll Up & Roll Over. No discounts/refunds for missed classes. Please contact Susan Cook for more details on this fantastic new class opportunity. Min 3/Max 4
Email: susancook@eastlink.ca

Thursdays

6:00-7:00pm in the VIP Room on the second floor

Session 1TH: January 12-March 1 (8 classes)

Session 2TH: March 8-April 26 (8 classes)

Early Bird Member: **\$100.00/session** (if registered at least 3 days before start date)

Member: **\$108.00/session**

Non-member: **\$116.00/session**

Morning Yoga Flow

A class that links movement and breath; open to all levels and ages. Join Baptiste trained Yoga Instructor and Certified Personal Trainer, Stefanie Winters, for a rejuvenating and invigorating morning yoga practice. Min 6/Max 50 Email: stefaniewinters@hotmail.com

Tuesdays

6:10-7:10am in the Group Fitness Room

Session 1TU: January 10- May 29 (21 classes)

OR

Thursdays

9:30-10:30am in the Group Fitness Room

Session 1TH: January 12-May 31 (21 classes)

Early Bird Member: **\$30.00/session** (if registered at least 3 days before start date)

Member: **\$50.00/session**

Non-member: **\$210.00/session**

NEW! Just Yoga

We are happy to announce that Sue Molloy has returned to Halifax and is teaching her challenging blend of Ashtanga and Hatha Yoga on Mondays. All levels welcome. Min 4/Max 50
Email: suemolloy@gmail.com

All prices +HST

Mondays

5:05-6:05pm in the Group Fitness Room

Session 1M: January 9-February 27 (8 classes)

Session 2M: March 5-April 30 (8 classes) No class April 9

Early Bird Member: **\$10.00/session** (if registered at least 3 days before start date)

Member: **\$15.00/session**

Non-member: **\$80.00/session**

Evening Yoga Flow

Join Baptiste trained Yoga instructor and Certified Personal Trainer, Stefanie Winters, for a rejuvenating and invigorating Wednesday evening yoga practice in a class that links movement and breath and is open to all levels and ages. Min 4/Max 50
Email: stefaniewinters@hotmail.com

Wednesdays

5:05-6:05pm in the Group Fitness Room

Session 1W: January 4-February 22 (8 classes)

Session 2W: February 29-April 25 (9 classes)

Early Bird Member: **\$10.00/session** (if registered at least 3 days before start date)

Member: **\$15.00/session**

Non-member: **\$80.00/session**



NEW! Batuka

Batuka is a dance-fitness program inspired by world dance, mixed martial arts, total body conditioning and mind/body movement disciplines, which integrates movement with music into a fun, energetic experience. You can join anytime since it's so easy to learn. Instructor Kim Kraushar has been teaching in the Fitness and Wellness Industry for 20 years and is an International Fitness Presenter and Master Instructor for Batuka Dance. Min 10/Max 50 Email: spa@interlude.com

Thursdays

6:00-6:55pm in the Group Fitness Room

Session 1: January 12-March 29 (12 classes)

Member: **no charge/session** but must register at least 3 days before start date so that we can confirm interest

Non-member: **\$100.00/session**

NEW! Hatha Yoga with Meena

This class has benefits for all participants including increased strength and flexibility, increased energy levels, focus, concentration and total mind body rejuvenation. Meena Sharma has been practising yoga for 12 years and completed her 200 hour Yoga Instructor Certification in 2007. Meena's goal is to teach yoga in its most authentic form and help participants to achieve all that yoga has to offer. Min 10/Max 50 Email: meenasharma@hotmail.com

Thursdays

7:00-8:00pm in the Group Fitness Room

Session 1: March 1-April 26 (9 classes)

Early Bird Member: **\$10.00/session** (if registered at least 3 days before start date)

Member: **\$20.00/session**

Non-member: **\$90.00/session**

All prices +HST



NEW! Resolutions with Peter

This new program is designed for busy people who want to see improvement in performance and health as a result of genuine commitment. This unique body-weight based exercise class will feature 2 successive class dates every 16 days. A new exercise program will be introduced and practiced every 16 days. Participants will be expected to complete the program on their own between sessions. In order to participate in this class, you should be able to do at least 6 push-ups, 15 squats, 10 sit-ups, and 30 skipping rope skips, without a break. Classes are progressive but it is possible to attend single sessions. Min 4/Max 20 Email: p_hico@yahoo.co.uk

Classes will be held as follows:

Free Drop in classes on Jan. 6 from 7-8pm and Jan. 7 from 6-7pm. Then join the rest of the session classes on the following dates: Jan. 22 from 6-7pm, Jan. 23 from 7-8pm, Feb. 7 from 7-8pm, Feb. 8 from 7-8pm, Feb. 23 from 7-8pm, Feb. 24 from 7-8pm, March 10 from 6-7pm and March 11 from 6-7pm

Early Bird Member: **\$30 for all 8 paid classes** (if registered before Jan. 20)
 Member: **\$40 after Jan. 20**
 Non-member: **\$80 for all 10 classes**

HEART FOR LIFE!

Post Cardiac Rehab Fitness and Education Program. This program is specifically designed for heart patients who have either had, or are at risk of having, heart disease, heart attack, heart surgery or angina. Led and monitored by Certified Fitness Leaders and Nurses; Doctor or Self-referral. Ongoing throughout the year, join anytime. Each class begins in the Group Fitness Room. Support partners are encouraged to attend the program (with member) at no additional charge. For more information and/or to register call 420-5556 or email: sandra.jamieson@smu.ca
 Tower membership is required to participate.

Mondays & Wednesdays

6:15pm-8:00pm

All prices +HST

Personal Training

Whether you're new to fitness or stalled in your current fitness routine, one of our Certified Personal Trainers can help you to define and achieve your fitness goals. Our diverse range of trainers work with a multitude of clients from newbie's to highly trained athletes to assess, counsel, motivate, teach and coach. To make an investment in your fitness, see our PT bios on the website smuhuskies.ca and contact Sandra.Jamieson@smu.ca

PERSONAL TRAINING FEES

1 Session	Members: \$39-\$52	Non-members: \$47-\$60
6 Sessions	Members: \$228-\$306	Non-members: \$276-\$354
10 Sessions	Members: \$370-\$500	Non-members: \$450-\$580

All prices +HST



**HUSKIES
SUPER
AUCTION**

**TUESDAY, MARCH 6, 2012
GRAND BALLROOM, WTCC**

Squash Information

The Tower has a very active group of squash players at all levels. New and old players can meet other players through the many activities organized at the courts. For further squash information, please email Jeff Scribner at: towersquashclub@gmail.com

Squash Court Booking Numbers: Front Desk 420-5555 or Court Monitor 420-5454.

Premier League

The Premier League is a full season league that provides a regular source of competitive squash for players at the top of Squash Nova Scotia's rankings. League matches are held at The Tower every Tuesday (Div 1 & Div 2) and Thursday (Div 3) nights. For more information contact Pat Kelly at snspremierleague@gmail.com.

Black Knight League

The Black Knight Squash League is an HRM-wide league with typically 12 teams consisting of women and men across most skills levels that begins in early October and ends in April. If you wish to join one of the four available teams at The Tower for the upcoming 2011/2012 season please contact Martin Dumas at m_dumas07@yahoo.com.

Tower Club Drop-in League

Friday nights from 6:15-8:30pm The Tower hosts a drop-in for players of all levels. No registration or fees required. The goal is to mix up players with a range of experience. Contact towersquashclub@gmail.com for more information.

Sunday Women's League

The Sunday Women's League is a round-robin format league for all skill levels that runs on Sundays at The Tower from 1:45-4:00pm January 15 to April 1, 2012. Everyone must register at the Front Desk, even Tower members.

Members: **FREE** but must register Non-members: **\$50**
For more information contact Jen Tucker at tuckaaa@gmail.com or Jenn Cantwell at jenncantwell@hotmail.com.

National Women's Team Championship

January 5-8, 2012 at The Tower

Details will be posted on line when they become available.

All prices +HST

Group Lessons Instructor Andrew Sleigh

BEGINNERS (racquets available if required)

Tuesdays 7:00am-7:45am
January 24 to March 13, 2012 (8 lessons)

INTERMEDIATE (able to rally with control)

Tuesdays 7:45am-8:30am
January 24 to March 13, 2012 (8 lessons)

Members: **\$55.00/session** Non-members: **\$75.00/session**

Private and Semi-private Squash Lessons

Lessons are 45 minutes in length. For more information contact Andrew Sleigh at 830-6400 or asleigh@eastlink.ca.

Members: **\$30.00** Non-members: **\$35.00**

Please Note: all lessons must be paid for through the Front Desk.

Sunday Junior Squash Program

Combination of lessons and playing time for children ages 7-12 years.

Sundays 8:15am-10:00am
January 15 to March 18, 2012 (10 lessons)
Fee: **\$40.00**

Squash Nova Scotia

If you want the most recent news on Squash in Nova Scotia, a complete list of the upcoming seasons' tournaments in Atlantic Canada, results and information about all the city leagues, info about other squash clubs in the province, information on the Bluenose Squash Classic and the most up to date list of provincial rankings please visit our website at www.squashns.ca.

Court shoes are required in the Squash Courts. Outdoor shoes, running shoes, or any other black soled shoes are not allowed on the courts.



Winter Exercise Class Schedule **JANUARY 3 - APRIL 29, 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B:A:S:E. Training(A) 6:05-7:05a Starts Jan 9	Yoga Flow(A) 6:10-7:10a Starts Jan 10	B:A:S:E. Training(A) 6:05-7:05a Starts Jan 12				
Spin 45 6:30-7:15a Starts Jan 9	Spin 45 6:30-7:15a Starts Jan 4	Spin 45 6:30-7:15a Starts Jan 6		Spin 45 6:30-7:15a Starts Jan 6	Spin 60 9:00-10:00a Starts Jan 7	
Cardio Combo 9:30-10:30a Starts Jan 9	Cardio Core 9:30-10:30a Starts Jan 4	Yoga Flow(A) 9:30-10:30a Starts Jan 12	Yoga Flow(A) 9:30-10:30a Starts Jan 6	BodySculpt 9:30-10:30a Starts Jan 6	Zumba(A) NEW 10:00-10:55a Starts Jan 14	Classic Cardio 10:00-11:00a Starts Jan 8
	Mat Pilates 2(A) 11:00-11:55a Starts Jan 10	Mat Pilates 1(A) NEW 11:00-11:55a Starts Jan 12	Mat Pilates 1(A) NEW 11:00-11:55a Starts Jan 12		SAQ(A) NEW 11:00-12:00p Starts Feb 25	
BodySculpt 12:05-12:55p Starts Jan 9	Mat Pilates 1(A) 12:00-12:55p Starts Jan 10	Drop in Yoga NEW 12:05-12:55p Starts Jan 4	Mat Pilates 2(A) 12:00-12:55p Starts Jan 12	More Core NEW 12:05-12:55p Starts Jan 6		
	Zumba Circuit 12:05-12:40p Starts Jan 3		Zumba Circuit 12:05-12:40p Starts Jan 5			
Spin 40 NEW 12:10-12:50p Starts Jan 9	Spin 40 12:10-12:50p Starts Jan 3	Advance Mat Pilates(A) 1:00-2:00p Starts Jan 11	Spin 40 12:10-12:50p Starts Jan 5		Resolutions(A) NEW 6:00-7:00p Starts Jan 7+various	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Mat Pilates 2(A) 4:05-5:00p Starts Jan 9	KidFit(A) NEW 4:15-5:15p Starts Jan 17	Cross-Fit(A) NEW 4:05-5:00p Starts Jan 18	Kettlebell Core(A) Stefanie 4:05-4:55p Starts Jan 12	Drop in Yoga 4:10-5:10p Starts Jan 6		
Yoga Core(A) NEW 5:05-6:05p Starts Jan 9	Yoga Flow(A) 5:05-6:05p Starts Jan 4	Yoga Flow(A) 5:05-6:05p Starts Jan 11	Mat Pilates 1(A) NEW 5:00-5:55p Starts Jan 12			
Biggest Loser(A) NEW 5:05-6:05p Starts Jan 9	Step & Pump 5:15-6:15p Starts Jan 3	Mat Pilates 1(A) NEW 5:05-6:00p Starts Jan 11	Drop in BLT NEW 5:15-6:00 Starts Jan 5			
Spin 45 NEW 5:15-6:00p Starts Jan 9	Spin 45 5:15-6:00p Starts Jan 3	Spin 45 NEW TIME 5:15-6:00p Starts Jan 11	Spin 45 NEW TIME 5:15-6:00a Starts Jan 12			
Spin 45 NEW TIME 6:05-6:50p Starts Jan 9		Spin 45 NEW 6:05-6:50p Starts Jan 4	Batuka NEW 6:00-6:55p Starts Jan 12			
Zumba(A) 6:35-7:25p Starts Jan 16		Zumba(A) 6:35-7:25p Starts Jan 11	Pilates Equipment(A) NEW 6:00-7:00p Starts Jan 12			
Heart for Life(A) 6:15-8:00p Starts Jan 9		Heart for Life(A) 6:15-8:00p Starts Jan 11	Hatha Yoga(A) NEW 7:00-8:00p Starts March 1	Resolutions(A) NEW 7:00-8:00p Starts Jan 6+various		
SAQ(A) NEW 8:00-9:00p Starts Feb 20						

PLEASE NOTE:

Classes listed in BLACK are drop in and open to all Members and day pass users

Classes in BLUE boxes with (A) require registration and/or fee

SCHEDULE IS SUBJECT TO CHANGE

Program Coordinator 420 5556
Tower Front Desk 420 5555

www.smuhuskies.ca

Facility Hours from September 1, 2011 to April 30, 2012

Monday – Friday, 6:00 am – 10:30 pm
 Saturday, Sunday & Holidays, 8:00 am – 7:00 pm

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