



Sign up Today for our July to August Classes
Join at any time. Please call to enquire.



FITNESS & WELLNESS AT COR MAXIMUS

July - August 2019
Sign up today

SAVE SAVE SAVE

Register for 2 classes by June 30th
&
receive 2nd class at 20% off
(* offer does not include the Women's Only Circuit)

\$15 per class with full registration
\$20 per drop in

Small intimate classes
No gym fees
Highly qualified instructors
Free water bottle for every participant
Join any time



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Our Philosophy, Considerations and Policies

Philosophy

Have fun, meet new people and get in shape.

Considerations

Phone: Kindly turn off your phone prior to attending your class.

Perfume: Many people are sensitive and/or allergic to artificial scents. Please be careful when using perfumes before class.

Policies

Cancellations:

- ✓ Where the class is full, cancellations of a session are permitted if the available spot can be filled with another participant, the balance will be credited to their Cor Maximus account.
- ✓ Under certain circumstances where a participant is unable to continue in a class due to an injury or illness, the balance will be credited to their Cor Maximus account. This may be used towards any services offered at Cor Maximus.

Making up a class: ONLY 2 MAKE UP CLASSES PERMITTED PER SESSION

- ✓ All make up classes are on “first come, first served” basis only.
- ✓ Make-up spots are subject to availability in the class.
- ✓ **All classes must be completed within the term for which they were purchased.**
- ✓ Unused classes cannot be carried over to another term
- ✓ If you anticipate missing classes, you can attend substitute classes prior to your absence.

Drop-In's:

Please note that priority goes to students that have registered for a series of classes:

- ✓ If the class is at maximum capacity, no substitutions will be allowed. Substituting students will be accepted on “first come, first served” basis.
- ✓ If a registered student arrives late and the class is at maximum capacity, the last person on the substitution list will be asked to vacate his or her space

Provided:

- ✓ Mats, props and water.



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MONDAY

ULTIMATE BALL WORKOUT 4:15 - 5:15 pm 5:15 – 6:15pm	Learn how an exercise ball can be used for more than performing a crunch. You will integrate balance exercises with strength training in this deep defining body class. Trim your waist line and have a ball doing it! <i>Taught by Khouri Long</i>
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TUESDAY

RESTORATIVE PILATES 9:00 – 10:00 am	Experience body conditioning that develops deep core strength, balanced flexibility, endurance and coordination for optimal health. <i>Taught by Hailee Valtins</i>
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WEDNESDAY : THIS SUMMER ONLY

SUMMER SCORCHER 6:15 - 7:15 pm	This high-intensity, low impact circuit based workout will help improve your stability, your core strength and create a balanced overall strength. Use the ball, the rocker board, the Grid, the Equalizer bars, the pulley system and cardio machines. You will squeeze in some aerobic conditioning using the cardio machines at your own pace and level. <i>Taught by Khouri Long</i>
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SATURDAY

ULTIMATE BALL + CARDIO 9:00 - 10:00am	This high-intensity, low impact circuit based workout features the exercise ball, free weights and cardio machines. Use the ball to help improve your stability, your core strength and create a balanced overall strength. You will squeeze in some aerobic conditioning using the cardio machines at your own pace and level. <i>Taught by Khouri Long</i>
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WOMEN'S ONLY CIRCUIT MONTHLY MEMBERSHIP

*****1 time Orientation fee + Monthly fee*****

Class fees do not apply

Monday, Tuesday, Wednesday, Thursday

12:00 - 12:30 pm

12:30 - 1:00 pm

Our trainer will take you through a *30 minute* full body circuit that is challenging and feels like you are training one-on-one with a personal trainer. Hit every muscle group as you move from station to station testing your muscle strength and endurance.

Join this class at any time!

Taught by Margy Tougas



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