



Sign up Today for our January to April Classes
Join at any time. Please call to enquire.



FITNESS & WELLNESS AT COR MAXIMUS

SAVE SAVE SAVE

Register for 2 classes by January 5th
&
receive 20% off second class
(offer does not include the Women's Only Circuit)*

PRICES

\$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 healthy.

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.

Provided:

- ✓ Mats, props and water.

Cost

Classes are \$15 per class when registering for a block of classes.

Drop in to any class for \$20



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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

YOGA 5:30 - 6:45pm	Yoga is an ancient art and science of balancing body, mind, breath and spirit. The practice of yoga improves balance, strength and flexibility. What you gain from this class can become a valuable part of a lifelong practice. <i>Taught by Brenda Baxter</i>
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WEDNESDAY

YOGA 9:15 - 10:30 am 5:30 - 6:45 pm	Yoga is an ancient art and science of balancing body, mind, breath and spirit. The practice of yoga improves balance, strength and flexibility. What you gain from this class can become a valuable part of a lifelong practice. <i>Taught by Brenda Baxter</i>
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THURSDAY – COMING THIS FEBRUARY



YOGA
5:30-6:30 pm

We are excited to have Amanda Cooley of Ruby Yoga join our team. This Yoga practice welcomes all who are curious about connecting yoga to their everyday lives. Detail to alignment will allow you to explore your range of motion with precision and depth, while providing confidence to be playful in your practice.

Taught by Amanda Cooley

SATURDAY

**ULTIMATE
BALL +
CARDIO**
**Saturdays 9-
10:00am OR**
Wednesdays
6:15 –7:15 pm

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.

Taught by Khouri Long



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WOMEN ONLY CIRCUIT MONTHLY MEMBERSHIP

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

Class fees do not apply

No contracts.

No cancellation fees.

No limit on number of classes you are able to attend per week.

Monday, Tuesday, Wednesday, Thursday
12:00 - 1:00 pm

***Our Women's Only Circuit is designed for that busy lady looking to fit
fitness into her life.***

Here is how it works:

Join in the circuit when you arrive, between 12 and 1. Our trainer will be in the gym guiding and directing you through a 30 minute full body circuit. Hit every muscle group as you move from station to station testing your muscle strength and endurance. Within the hour, you may complete the circuit once or three times. Work at your own pace, while being encouraged to maximize your potential by our personal trainer.

**Suited for women of all ages and fitness levels.
Join this class at any time!**

Taught by Margy Tougas