

All classes are held at the KW Art of Fitness Inc. location: 245 Labrador Drive, Waterloo N2K 4M8



6-Week Specialty Classes

January 30 - March 5 2012

Space is limited.

Please email us to register at: info@artoffitness.net

Is this your second class per week with us? Contact us for available discounts!

Becoming a Healthier You When: Saturdays 9 - 10 a.m. Cost: \$90

This nutrition based workshop will cover topics such as: managing smart food choices with a busy lifestyle, simple alternatives to increase the value of your meals, nutritional supplements, how to balance the immune system, as well as exploring our genetic makeup and how nutrition and the environment impacts individuals.

Neuro Activity for Everyday Living When: Mondays 12 - 12:45 p.m. Cost: \$108

Our nervous system is a vital part of our daily movement and function, it is the information superhighway that controls information we take from our environment to interpret as functional movement. This class is about learning how to use exercise to better access the nervous system to facilitate improve motor control and awareness. Through exercise we can change the structural organization of the nervous system and in turn this will change how we move, balance and react to the environment around us!

Triple "S" Boot Camp When: Fridays 9:30 - 10:30 a.m. Cost: \$126

The goal of this class will be to provide a complete cardiovascular, muscular strength and flexibility workout through Triple "S" concept (spin, strength and stretch). While having fun, we will progress through challenging and diverse exercises so you can feel a sense of accomplishment with the completion of each class. We will use spin bikes, skipping ropes, bosu balls, stability balls, medicine balls, free weights, body bars, rotation discs, resistance tubing, therabands and foam rollers.

Nia - 90 Minute Experience When: Fridays 4:30 - 6:00 p.m. Cost: \$126

Nia weaves a holistic mind/body approach to a rhythmic cardio class that includes core and stretch elements. Over the 6 week series, Nia students will plearn (play + learn) some of the White Belt Principles, and practice the information to experience more fulfilling workouts as well as to better one's understanding of one's own body and its individual needs.

Each week's focus will build and add on to the previous week, allowing for integration and synthesis as we progress. Starting with overall awareness of the myriad sensations in our bodies as we move and sense stillness, we will continue up the body in anatomical order from the base. At each level, direction will be given to hone skills in movement as well as skills in 'listening' to the body from the base all the way to the upper extremities. The extra time will allow each student to truly embody the form of each movement through his and her own personal freedom in the dance.

Life is a continuously shifting balance between the forms one must learn and conform to in day to day life, and one's freedoms in adding personal spice and flare to them. This Nia Experience Series will allow for a safe and playful space to exercise and grow in as many ways as you can come up with!

Do you have any questions? Please feel welcome to call us: 519-503-3635 or email info@artoffitness.net