

Weight Room

The Greenboro weight room is operated by the Greenboro Community Association and is not part of the City of Ottawa Wide Fitness Membership. If you have not been physically active on a regular basis, please consult your physician before participating in any physical activity.

Members Fall Hours of Operation

Mon - Fri 6:00 am - 9:00 pm
Sat & Sun 8:00 am - 6:00 pm

Weight Room Closed

September 5 (Labour Day)
October 10 (Thanksgiving)
December 25 (Christmas)

Supervised Hours*

Please see schedule posted in Weight Room.

*Supervised hours subject to change.



We ask that our members refrain from wearing heavy perfumes or deodorants during their visit to the weight room. Some members have life threatening allergies



No Outdoor Shoes allowed

- Minimum 16 years of age.
- No infants or children are allowed in the Weight Room
- Weight room membership cards must be worn and visible at all times during your visit to the Weight Room
- Weight room orientation and memberships must be paid in advance.
- Orientations will only be scheduled at time of payment.

Program	Registration #	Length	Cost
Orientation (mandatory for all new members)	1590	1 hour	\$ 20
Yearly - Weight Room (no fee increase)		Sept 1, 2011 - Aug 31, 2012	\$280
Yearly - Weight Room/aerobics (no fee increase)		Sept 1, 2011 - Aug 31, 2012	\$492
Fall - Weight Room (4 months)prior to Sept 1		Sept 1 - Dec 26, 2011	\$113
Fall - Weight Room (4 months)after Sept 1		Sept 1 - Dec 26, 2011	\$132
Fall - Weight Room (3 months)		Oct 1 - Dec 26, 2011	\$ 99
Fall - Weight Room (2 months)		Nov 1 - Dec 26, 2011	\$ 66
Fall - Weight Room (1 month)		Dec 1 - Dec 26, 2011	\$ 44
Fall - Weight Room/aerobics combo		Sept 1 - Dec 26, 2011	\$182
Fall - Vitality & Weight Room Mix		Sept 1 - Dec 26, 2011	\$182

**Make sure you register early
to avoid disappointment.
Spaces are limited**

 We regret the inconvenience but due to the volume on Registration Nights, ***we will not*** be able to accommodate the use of the Visa, MasterCard, or Debit cards.

Weight Room

Program	Registration #	Length	Cost
Back to Fitness		1 hour	FREE
Next Step Up Program	1591	1 hour	\$ 30
Stability Ball Program	1592	1 hour	\$ 30
Free Weight Dumbbell Program	1593	1 hour	\$ 30
New Program	1594	1.5 hour	\$ 55

A valid weight room membership is required to access these programs

Program Explanations

Back to Fitness: This is available to weight room members who have had an orientation but who have not been actively coming for at least 3 months and think they need a refresher.

Next Step Up: This program is a gentle progressive step up from the Getting Started Orientation Program. You will receive a refresher on the exercises you are already familiar with plus you will be introduced to some additional exercises to spice things up.

Stability Ball Program: This program is best suited for the member who has been exercising for a minimum of 3 months and who is looking for a program that is a bit more challenging which focuses on the use of the stability ball in their weight lifting program.

Free Weight Dumbbell Program: This program is best suited for the member who has been exercising for a minimum of 3 months and who is looking for a program that is a bit more challenging which focuses on the use of Free Weights/Dumbbells in their weight lifting program.

All of the above programs include a 1 hour training session with a certified trainer but does not include a follow-up session.

New Program: This program is best suited to the member who wants a personalized training program without the commitment to ongoing personal weekly training support and feedback. **This program includes a 15-30 min intake session and a 1 hour training session with a certified trainer but does not include a follow-up session**



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Weight Room

Personal Training

Studies show that people who work with a Personal Trainer achieve up to 80% better results three times faster than on their own and it just makes the process of getting fit easier, safer and a lot more fun. Invest in yourself and increase your chances of success with Personal Training.

Partner Personal Training

It's much easier to be enthusiastic about hitting the gym if you've got someone to go with. Why not work out with a friend, split the cost, spend quality time together, and see healthy results. Both personal training clients must have a valid weight room membership to access this service.

Program	Length	Cost
Personal Training	5 hour	\$170
Personal Training	10 hours	\$320
Partner Personal Training	8 hours	\$407

Only Greenboro Community Centre Personal Training Staff are permitted to conduct personal training sessions in the weight room and a current weight room membership is required to have access to this service.

Weight Room Programs

Group Strength Training



Strength training classes are not always created equal. Unless your regular muscle conditioning class is taught by an instructor who has background in weight lifting you might be missing out on a knowledge base that will raise your strength training to the next level. Brenda Ross, Master Personal Trainer comes to fitness from a coaching/athletic background. If you are looking for something different, then this is the class for you. Be prepared to shake things up.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Group Strength Training	1700	Tues/Thurs	11:30 - 12:30 pm	Sept 13	Oct 6	4 weeks	\$20
	1701	Tues/Thurs	11:30 - 12:30 pm	Oct 11	Nov 3	4 weeks	\$20

Run Club

Come join us for a run and meet new friends at the Greenboro Community Centre. Our weekly runs are FREE. We meet on Mondays, Wednesdays and Saturdays. We followed the 10 and1 program outline, so if you are new to running, interested in completing your first 5km, 10km or Half Marathon then we are the group for you.

Program	Reg. #	Day	Time	Start	Cost
Run Club	1595	Mon	6:00 pm	Ongoing	Free (must pre-register)
		Wed	6:30 pm		
		Sat	8:00 am		



Help us reduce the risk!

We have children with life-threatening allergies.

Please help us by not bringing peanuts or peanut products.

Weight Room Programs

Boot Camp

Boot Camp fitness is based upon simple yet effective fundamental movement patterns executed at high intensity. The workout will deliver time-tested measurable health and fitness improvements in the most efficient manner possible. Be prepared to work hard.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Boot Camp	1596	Mon/Wed/Fri	6:00 - 7:00 am	Sept 12	Nov 11	8 weeks	\$160
Boot Camp	1597	Mon/Wed/Fri	6:00 - 7:00 am	Nov 14	Dec 9	4 weeks	\$80
Boot Camp	1598	Mon/Wed	7:30 - 8:30 pm	Sept 12	Nov 9	8 weeks	\$160
Boot Camp	1599	Mon/Wed	7:30 - 8:30 pm	Nov 14	Dec 9	4 weeks	\$80

No class Monday, October 10 (Thanksgiving), October 31 (Halloween) evening class only

Walking Club

Why run when you can walk. The Greenboro Community Centre is pleased to introduce there NEW FREE walking club. We will meet Mondays and Wednesdays. Walks each week are on neighbourhood paths with options to walk 30 to 60 minutes. Children, dogs and strollers are welcome. Please register at the front desk.

Program	Reg. #	Day	Time	Start	Length	Cost
Walk Club	1600	Mon	6:00 pm	Sept 14	ongoing	FREE
	1601	Wed	6:00 pm	Sept 16	ongoing	FREE

Walk times subject to change.

No class Monday, October 10 (Thanksgiving), Oct 31 (Halloween)

Basketball Fitness Class (15-19 years)

One of the misconceptions in the sports world is that a sports person gets in shape by just playing or taking part in his / her chosen sport. If a stationary level of performance, consistent ability in executing a few limited skills is your goal, then engaging only in your sport will keep you there. However, if you want the utmost efficiency, consistent improvement, and balanced abilities sportsmen and women must participate in year round conditioning programs. Let Casey teach you the conditioning exercises necessary for you to bring your playing to the next level.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Basketball Fitness Class	1579	Sun	4:00 - 5:00 pm	Oct 2	Nov 20	6 wks	\$100

No class Sunday October 10 (Thanksgiving Weekend), October 23 (Halloween Party)

Teen Power Hour (13 - 16 years)

Teens are under more pressure than ever before. Peer pressure and other external influences are at its highest, and self esteem is at its lowest. How do we combat these social pressures and media images? Our fitness training program presented in a bootcamp fashion will impact teens by increasing their self-esteem and self-image that a healthy, fit body breeds. We are looking for teenagers, beginners or advanced, to become a positive team participant in this teen-only program. Our commitment is to your teen's tomorrow! Let's get them on the right track today!

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Teen Power Hour	1566	Mon/Wed	4:00 - 4:55 pm	Sept 19	Nov 16	8 wks	\$100

No class Monday, October 10 (Thanksgiving), Oct 31 (Halloween)

Teen Strength (15+ years)

Strength training, when done properly, increases bone strength, bone density, and improves muscle coordination in teens. This 4 weeks program will educate your teen about weight room etiquette, safety, strength and conditioning principles, workout program design, basic nutrition and proper weight lifting techniques. Completion of this program will allow teens 15 years of age to workout in the weight room with a purchase of a weight room membership.

Must be 15 years of age by completion of course.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Teen Strength	1567	Sat	9:30 - 10:30 am	Oct 1	Oct 29	4 wks	\$70

No class Saturday, October 8 (Thanksgiving Weekend)

Weight Room Programs

Kettlebell 101 (16+ years)

Kettlebells require a participant to focus on whole-body conditioning because lifting and controlling a kettlebell forces the entire body, and specifically **the core**, to contract as a group, building both strength and stability at the same time. Kettlebell workouts engage multiple muscle groups at once. In this way, they are a great option for getting a whole body workout in a short time. Let Alex teach you how to perform the key exercises in a kettlebell workout, so you stay injury free. **Instructor: Alex Vaduva, Personal Trainer, Level 1 Kettlebell Instructor.**

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Kettlebell 101	1569	Mon	6:00 - 7:00 pm	Sept 12	Nov 4	8 wks	\$160
		Fri	6:15 - 7:15 pm	Sept 17	Nov 4	8 wks	\$160

No class Monday, October 10 (Thanksgiving), Oct 31 (Halloween)

Junior Fitness (9 - 12 years)



This program is part theory and part practical, but **ALL FUN!** It has been designed specifically for 9-12 years olds interested in learning more about fitness. During the 15-20 min classroom part of each hour weekly session, participants will learn about fitness components, basic nutrition, as well as the importance of cardio and strength and flexibility training.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Junior Fitness	1557	Tues/Thurs	4:45 - 6:00 pm	Sept 13	Oct 6	4 wks	\$20
		Tues/Thurs	4:00 - 5:00 pm	Oct 11	Nov 3	4 wks	\$20

Nordic Walking

The benefits of this outdoor low-impact, high energy activity includes caloric expenditure between 20% and 45%, increased heart rate between 5 7 beats per minute, increased upper body strength, work on core stability and help alleviate tension in your neck and shoulders. Each week, rain or shine, will offer a new route and new challenges. Individual coaching will be offered and as the weeks go along, you will progress and develop the technique from basic to more advanced. This low-impact, high-energy activity will enhance your walking workout by adding poles. Introductory/refresher workshop will be held on the first day. Poles are available. From a beginner level to advanced, Nordic Walking can help you achieve your fitness goals. Location: Greenboro Park and local neighborhood.

Program	Reg.#	Day	Time	Start	Finish	Length	Cost
Nordic Walk	1569	Wed	10:30 -11:30 am	Sept 26	Dec 7	11 wks	\$75

