

Getting Started Circuit Training

For adults

Are you tired of sitting in the lobby, watching your children exercise while you wait? Wouldn't it be nice to get moving at the same place, at the same time?

OGC is introducing a new program, just for you!

Our program offers a variety of exercises for every individual. The class offers a circuit style training, which will target upper and lower body, core, and cardio. We will provide modifications, where necessary, for every participant's fitness level. We want you to be comfortable while still getting a work out!

Cost

1 Class	\$10.00
10 class pass	\$90.00

**Annual \$30.00 insurance fee will be applied, in addition to class fees, to all new or returning OGC Members (July 1-June 30)*

Classes are only 30 minutes in length to suit every schedule!

You can register online at:
ottawagymnasticscentre.ca

Or in person at:
**294 Elmgrove Ave
Ottawa, ON
K1Z 6V1**

Or over the phone :
613-722-8698

Wednesdays only

Starting

January 11th, 2012

Choose a time that works for you!

9:30am—10:00am
10:15am—10:45am
11:30am-12:00noon

Circuit training is a form of conditioning combining resistance training and high-intensity aerobics. It is designed to be easy to follow and target strength building as well as muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program. When one circuit is complete, one begins the first exercise again for another circuit. Traditionally, the time between exercises in circuit training is short, often with rapid movement to the next exercise.



Start the year off right. Invest in yourself.