



MAY - JUNE 2022

FITNESS PROGRAMS

**ANNUAL MEMBERS
RECEIVE 20% OFF
PROGRAMS AT PISE**



Join a PISE fitness program to meet some of our new coaches!

YOUTH S&C: FOUNDATIONS

AGES 11-13

APR 30-JUN 25 | SA
11:00-12:30PM | \$104
REGISTRATION: #6433
*NO CLASS MAY 21

AGES 14-17

APR 30-JUN 25 | SA
1:00-2:30PM | \$104
REGISTRATION: #6434
*NO CLASS MAY 21

ADAPTED STRENGTH AND CONDITIONING

OPTION 1
MAY 11-JUN 29 | W
7:30-8:45PM | \$49
REGISTRATION: #6262

OPTION 2
MAY 14-JUN 25 | SA
11:00-12:15PM | \$36
REGISTRATION: #6264
*NO CLASS MAY 21

INTRO TO STRENGTH TRAINING

MAY 11- JUN 29 | W
4:15-5:30PM | \$96
REGISTRATION: #6400

STRENGTH & CONDITIONING 55+

OPTION 1
MAY 10-JUN 28 | TU
7:15-8:30AM | \$126
REGISTRATION: #6282

OPTION 2
MAY 10-JUN 28 | TU
4:45-6:00PM | \$126
REGISTRATION: #6278

OPTION 3
MAY 12-JUN 30 | TH
7:15-8:30AM | \$126
REGISTRATION: #6280

OPTION 4
MAY 14-JUN 25 | SA
7:30-8:45AM | \$95
REGISTRATION: #6401
*NO CLASS MAY 21

OPTION 5
MAY 14-JUN 25 | SA
9:00-10:15AM | \$95
REGISTRATION: #6402
*NO CLASS MAY 21

BOOTCAMP

OPTION 1
MAY 9-JUN 27 | M
6:05-7:05AM | \$111
REGISTRATION: #6266
*NO CLASS MAY 23

OPTION 2
MAY 9-JUN 27 | M
6:45-7:45PM | \$111
REGISTRATION: #6268
*NO CLASS MAY 23

OPTION 3
MAY 11-JUN 29 | W
6:05-7:05AM | \$126
REGISTRATION: #6270

OPTION 4
MAY 11-JUN 29 | W
6:45-7:45PM | \$126
REGISTRATION: #6272

OPTION 5
MAY 12-JUN 30 | TH
5:00-6:00PM | \$126
REGISTRATION: #6274

PISE FUSION

APR 4 -JUN 6 | M
5:30-6:30PM | \$120
REGISTRATION: #6412
*NO CLASS APR 18 & MAY 23

SUPER CYCLE

MAY 10-JUN 28 | TU
6:15-7:15PM | \$126
REGISTRATION: #6276

WOMEN ON WEIGHTS

OPTION 1
MAY 9-JUN 27 | M
7:15-8:30AM | \$117
REGISTRATION: #6290
*NO CLASS MAY 23

OPTION 2
MAY 9-JUN 27 | M
5:15-6:30PM | \$117
REGISTRATION: #6292
*NO CLASS MAY 23

OPTION 3
MAY 11-JUN 29 | W
7:15-8:30AM | \$134
REGISTRATION: #6294

OPTION 4
MAY 13-JUN 24 | F
7:15-8:30AM | \$117
REGISTRATION: #6296

OPTION 5
MAY 13-JUN 24 | F
5:15-6:30PM | \$117
REGISTRATION: #6440



**WORLD
LEISURE
DAY**

April 16th, 2022

Want to Drop-in to one of our programs?
Check out our website or visit our front desk for available options!



250.220.2510



WWW.PISE.CA



IN PERSON

PISE MAY- JUN 2022



PISE PROGRAMS

UPCOMING IN MAY



PISE Q & A Program

PISE's Q&A (Queer and allies) program is an (17+) introductory session based on bringing together the 2SLGBTQIA+ community with health & fitness. It will consist of a tour of our facility and programs offered, discussion around body and gender dysmorphia, discomfort in fitness spaces, as well as health benefits of physical activity. A PISE Coach will lead a session in strength and conditioning and basic usage of equipment in the gym.

#6437 1 session May 13th 3:30- 5:00pm (Program Registration \$12)

Accessible Fitness

The Accessible Fitness Program allows a space for all individuals diagnosed with a disability or illness to access our Fitness Centre. This is a sensory friendly space/time that any individual can drop in to, register for, or attend if they have a PISE membership. A PISE Coach will be there to provide workout guidance, lift assistance, and expertise. To help with sensory distractions/limitations, music and lights will be lowered; and noise reduction strategies will be in place.

**#6442 6 sessions May 14th – Jun 25th (no class May 21st) 11:00am-12:15pm (Drop-in \$8)
(Program registration \$48)**

FAMILY
SPORT & RECREATION
FESTIVAL

FREE EVENT | May 7, 2022

Questions?

Check our website at
www.pise.ca



250.220.2510



WWW.PISE.CA



IN PERSON