

**Pulse Generator Virtual Programs
Summer 2020**

Program	Start Date	Cost	What's Included	Contact
<p><u>Summer Workout Series w/ Breanne</u> The Summer Workout Series is a 10 Week program that will get you through the summer months with some well rounded workouts. All fitness components will be incorporated into these workouts including but not limited to: strength & cardiovascular training; mobility and core strength. All workouts are 30 minutes, are total body and will have progressions for all levels. Minimal equipment, all you need is a resistance band.</p>	June 15, 2020	10 Weeks for \$60	<ul style="list-style-type: none"> • Weekly Total Body Workout • One LIVE Workout per Week • Ongoing Support & Accountability 	Breanne.Martinuk@ahs.ca
<p><u>Yoga at OM Virtual Yoga Retreat w/ Kelsey</u> Meet new people, connect with yourself. Each week receive downloadable practices to complete at your own time. Connect with fellow retreat goers via a private facebook group. Classes will include various styles and will be suitable for all levels.</p>	June 15, 2020	7 Weeks for \$100	<ul style="list-style-type: none"> • One Yoga downloadable yoga practice each week • One downloadable Meditation Practice each week • 2 Live Yoga Workshops (Dates and Time TBD and will be recorded for those who cannot attend live) • Private Facebook group for retreat goers to connect • Opening and closing circles • BONUS: Weekly Q&A 	Kelsey.Wilson2@ahs.ca

NO REFUNDS or TRANSFERS for any FITNESS CLASSES or PROGRAMS

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<p>Summer Sports & Conditioning w/Regan Get ready for your fall sport season with a 9 week Sport Conditioning Program for adults. This is program is designed to strengthen your body as well as improve your athletic ability for the upcoming sport season. Each week receive a strength program and conditioning with progressions for all levels with minimal equipment, you will just need a set of dumbbells. The program will be broken down into 3 - 3 week phases to maximize results.</p>	June 15, 2020	9 Weeks for \$125	<ul style="list-style-type: none"> • A introductory and closing assessment • A weekly Strength Program, weekly run, agility and mobility program. • Program will be a mixture of pdf and excel documents and video coaching of exercises. • Private facebook group to connect ask questions and help with motivation. • 3 - 1 hour Workshops based on members request and 3 Facebook or Zoom Q and A 	Regan.Hesjedal@ahs.ca
<p>Virtual Cycling Trip w/ Lenore Close your eyes for a moment. In this time of challenging travel, imagine yourself on a rigorous cycling adventure; enjoying the unique landscape and the diverse terrain of Vancouver Island. We'll begin this cycling journey in Coombs; a small interior community located an hour from Nanaimo. Over the course of 5 weeks; we'll cover 200 virtual kms that</p>	July 8, 2020	5 Weeks for \$50	<ul style="list-style-type: none"> • 5 – 40 minute videos, one delivered to your inbox each week. Option of completing each weeks ride on Zoom Wednesday Mornings at 6 AM. 	Lenore.Torrie@ahs.ca

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<p>follow a meandering highway nestled within old-growth forest. Flanked either side of the Pacific Rim Highway are the most photogenic places, glistening lakes and one of Canada's tallest waterfalls. The final stretch of this trip will follow along the Pacific Ocean, between Ucluelet and Tofino displaying Vancouver Island's expansive beaches and tranquil shorelines.</p> <p>This program is designed for riders of all abilities. It's appropriate for anyone with an exercise bike or a bike with wind trainer. The 40 min videos are easy to follow. All you need is an internet connection and this training program will keep your fitness goals on the virtual road through the summer.</p>				

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