



# GATEWAY Living Fitness


July 2 - August 30

Fitness Studio & Paddle Shack

[GatewayLivingFitness@gmail.com](mailto:GatewayLivingFitness@gmail.com)

TX: 250 804 8449

803 Vernon St / 506 Cliff Ave, Enderby

2019						MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
No Classes on Holidays.															
5:30 AM			Hiit* <sub>K</sub> \$76.50 <small>*Outdoor - 30 min class.</small>				PUMP* <sub>K</sub> \$76.50		Like us on facebook 						
6:15	<div>✓ Fitness Drop Ins ... \$12 ✓ Paddle Drop Ins ... \$25</div> <div>CONTACT us for OPENINGS. ☺ TXT: 250 804 8449</div>				SPIN+Abs* <sub>J</sub> \$90 <small>*Outdoor - 60 min class.</small>				STRETCHING* <sub>J</sub> \$90 <small>*Outdoor - 60 min. BYOMat.</small>						
7:00							SUP River Tour 1- 2hr+      *Jul 5 -26 - \$110 *Aug 9 -30 - \$110 \$110      *DI - \$35 / BYOB- \$20								
7:30									SPIN & Core* <sub>H</sub> \$76.50 <small>7:30 *Outdoor - 45 min</small>						
8:15	HIKE Series* <sub>J</sub> \$75/\$37 <small>7:30      *Jul 8 -29 - \$75 1- 2hr+      *Aug 12 &amp; 19 - \$37                     *DI - \$25</small>		<div>To Remember: Water, Sweat Towel, Layers &amp; Indoor Shoes Please! ☺</div>		Paddle & PraiseMoves 8:15 ~ 1 Hr.      *Jul 2 -30 - \$95 *Aug 6 -20 - \$57 \$95/\$57      *DI - \$25 / BYOB - \$10				Kayak Tour 8:15 ~ 1 Hr.      *Jul 4 -25 - \$76 *Aug 8 -29 - \$76 \$76      *DI - \$25 / BYOK - \$10						
9:00	PUMP* <sub>K</sub> \$70 <small>8:15 60 min.      *Child Minding Option ...\$2ea.</small>						CardioNTone* <sub>H</sub> \$76.50 <small>45 min.      *Child Minding Option ...\$2ea.</small>								
		<div><div>GATEWAY Paddle Shack ✓ Tube Air, Tubes, Rentals, Snacks, Sunscreen ✓ Flip Flops, Bathing Suits, Sunglasses, Hats ✓ T-Shirts, Tanks, Supplements, Bags &amp; more ...  Summer Hours: S &amp; M: 10-4+ / T, W, Th, F: 10-5:30 / S: 9-5:30 *Rentals Available outside of Hours by Request. Tx: 250 804 8449</div><div>Available by Request: ✓ Lessons, Group Tours, Paddle Parties! ✓ Personal Training ☺</div></div>												Jennifer Koochin BCRPA Certified Personal Trainer Certified Paddle Canada Ins Certified PraiseMoves Ins Certified Weight Trainer, Group Fitness, & Aqua Fitness Ins. Certified Zumba Ins. Fundament Movement Course "Fitness professional for more than 15yrs."	
6:00 PM					SUP Learn to Paddle 1 Hr.      \$60/\$25 *\$60 for 3 / \$25 for 1 / BYOB - \$10				Katherine Langridge BCRPA Certified Group Fitness Ins  Holly Martin BCRPA Certified Group Fitness Ins						
DATES:	July x, 8, 15, 22, 29 Aug x, 12, 19, 26		July 2, 9, 16, 23, 30, Aug 6, 13, 20, 27		July 3, 10, 17, 24, 31, Aug 7, 14, 21, 28		July 4, 11, 18, 25 Aug 1, 8, 15, 22, 29		July 5, 12, 19, 26 Aug 2, 9, 16, 23, 30						

Classes subject to change & cancellation. Outdoor Classes may be substituted for Indoor Classes when weather is not ideal for activity.

2 Make-Up Classes are available with 24hrs notice / class set. Registration is non-refundable.

[GatewayLivingFitness.com](http://GatewayLivingFitness.com)

*Gateway Living Fitness CLASS Descriptions! gatewaylivingfitness@gmail.com*

**BALListic!:** Strength training, cardio intervals, and anything goes! Balls galore! If it's a Ball it's game... ☺. 45min

**CardioNTone:** Low impact or high impact cardio options, intervalled with toning exercises. A great workout to cover what matters! 45 & 60min classes.

**HiIT:** High Intensity Interval Training. Various exercises covered quickly to get the most out of you work-out FAST! 30min

**PraiseMoves:** We were made to strengthen and lengthen - improving strength, flexibility and balance to the word of God. The Christian alternative to Yoga. 55 & 60min

**PUMP:** Strength training to music... with emphasis on proper form. 45min

**SPIN:** Power – Endurance – Speed. Enderby's only SPIN. Beginner thru Adv. welcome. Work at your own pace. **& Core:** Strengthening important stabilizing muscles. **+ABS:** Just like it sounds. ☺ Bring water, sweat towel & indoor shoes. 45 & 60 min.

**STRETCHING Strong:** Stretching, lengthening, strength, & balance, for restoration, healing, and postural alignment. An alternative to yoga with no mid-eastern undertones. 55-60min

**PERSONAL TRAINING:** Home, gym & outdoor training programs. Weight loss, Stretching Post-Partum, Endurance & Postural Correction. ~ Jennifer Koochin TX 250 804 8449

*GATEWAY Outdoor Adventure Descriptions! gatewaylivingfitness@gmail.com*

- ✓ **HIKE Series:** Different Hikes for Different Likes. ☺ Flat, hilly, wooded, open, and scenic. Several hikes planned, locations are subject to change. *Must be able to walk continuously for several hours. Carpooling may be an option.* 1-2Hrs+
- ✓ **Paddle & PraiseMoves:** Let the *water* take you... Learn a new SUP skill, or improve where you are at! Let's paddle a while, and float back to start – playing, praising, and stretching - in a private little nook. *Must be able to stand & paddle.*
- ✓ **SUP Learn to Paddle:** Let's start from scratch, correct bad habits, or take a refresher. Learn to paddle correctly.
- ✓ **Kayak Tour:** Mornings are beautiful. Let's enjoy the wildlife, river and scenery together. Let's get out and paddle! ;)
- ✓ **SUP River Tour:** Let's experience our river, one leg at a time, adding to our skills as we go. How much of the Shuswap River have you seen? *Must have paddling experience. Some driving will be required.* 1-2Hrs+

➤ **Private Lessons, Group Tours, and Paddle Parties Available**  
*Jennifer Koochin, Certified Paddle Canada Instructor*  
TX 250 804 8449

