

SMUfit



FALL 2024 PROGRAM GUIDE

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General information

FACILITY FALL HOURS (Sept - Dec)

Monday to Friday

6 a.m. – 10:30 p.m.

Saturday & Sunday

8 a.m. – 8 p.m.



Check out smufit.ca for our holiday hours, closures and any updates.

Staff Directory

| | | |
|--|---------------------|--------------|
| Homburg Centre for Health & Wellness | Front Desk | 902-420-5555 |
| Director of Athletics & Recreation | Scott Gray | 902-420-5427 |
| Assistant Director, Athletics & Recreation | Greg Knight | 902-420-5425 |
| Administrative Manager | Karen Habib | 902-420-5429 |
| Facility Scheduler | Linda Gould | 902-420-5440 |
| Fitness Coordinator | Lindsay McFarlane | 902-420-5556 |
| Life Mark Physiotherapy Clinic | General Information | 902-420-5061 |

Free Recreation Services

| | | |
|-----------------------|--|---|
| Group Fitness Classes | SMUfit offers over 30 group fitness classes per week that are free with your membership. | Go to athletics.smu.ca to register for our group fitness classes. |
| Drop-in Sports | SMUfit offers drop-in sports throughout the day as well as open gym time that are free with your membership. | Check out smufit.ca or call 902-420-5555 for availability or ask the Front Desk for availability |
| Squash Courts | Available with any of our Plus Memberships. | Reserve your court online at athletics.smu.ca |

* Prices do not include HST

| | SMUfit Basic | | SMUfit Plus | | |
|---|---------------------|--------------------|------------------|---------------------|--------------------|
| | 4 month (\$240*) | 1 year (\$600*) | 1 mo. (\$85*) | 4 month (\$288*) | 1 year (\$720*) |
| Drop-in group fitness classes | ✓ | | | ✓ | |
| Access to all fitness rooms, including steam and sauna | ✓ | | | ✓ | |
| 20% discount on registered programs + personal training | ✓ | | | ✓ | |
| Drop-in sports | ✓ | | | ✓ | |
| Outdoor track | ✓ | | | ✓ | |
| Change rooms with day use lockers & showers | ✓ | | | ✓ | |
| Day pass(s) | 1 | | | 2 | |
| Towel service | | | | ✓ | |
| Half locker rental | | | | ✓ | |
| Parking pass | | | | ✓ | |
| Squash courts | | | | ✓ | |

| | Family Basic | | Family Plus | | |
|---|---------------------|---------------------|---------------------|---------------------|---------------------|
| | 4 month (\$480*) | 1 year (\$1200*) | 1 month (\$170*) | 4 month (\$576*) | 1 year (\$1440*) |
| Drop-in group fitness classes | ✓ | | | ✓ | |
| Access to all fitness rooms, including steam and sauna | ✓ | | | ✓ | |
| 20% discount on registered programs + personal training | ✓ | | | ✓ | |
| Drop-in sports | ✓ | | | ✓ | |
| Outdoor track | ✓ | | | ✓ | |
| Change rooms with day use lockers & showers | ✓ | | | ✓ | |
| Day pass(s) | 1 | | | 2 | |
| Towel service | | | | ✓ | |
| Half locker rental | | | | ✓ | |
| Parking pass | | | | ✓ | |
| Squash courts | | | | ✓ | |

ADD-ON OPTIONS for Basic Membership Package

| | | |
|---|--|-----------------------------------|
| Towel service (\$3/day, \$25/month, \$200/year) | Half locker rental (\$25/month, \$75/4 months, \$175/year) | Parking (\$42.75/month) |
| MULTI USE PASSES | | |
| 5 Punch Pass - \$50 +HST | 10 Punch Pass - \$89.25 +HST | Day Pass - \$11.55 +HST |

SMUFit's Pilates Studio

SMUFit's Pilates Studio is fully equip with top-of-the-line Stott Pilates equipment and props that help instructors to focus on postural alignment and engaging sequential exercises.

Get started with our Starter Package or chose one of many package options to experience the benefits that both Classical and Contemporary Pilates can bring to your life. Package and Drop In options allow clients to attend any class on the schedule (within the ability level of the client).

To purchase packages or see our full schedule of class offerings and book a maximum of 7 days in advance go to: athletics.smu.ca

Individual/Duet Lessons must be purchased in person at the Homburg Centre Front Desk OR over the phone (902-420-5555) with Visa, Mastercard or American Express to set you up with an instructor.

Starter Package

This package is designed especially for those new to SMUFit Pilates. Included are two private lessons, and three group equipment classes. This allows you to become acquainted with both the equipment and the way in which we want you to move. It also allows you to experience the variety of class options available at SMUFit.

Member = \$167 | Non-Member = \$209

Individual/Duet Lessons

| Sessions | Member | Non-Member (Per Person) | Description |
|------------|--------|-------------------------|---|
| Individual | \$72 | \$90 | One on One private lesson with access to the complete studio. |
| Duet | \$87 | \$109 | Two on One private lesson with access to the complete studio. |

Group Class Pricing

| Classes | Member | Non-Member (Per Person) | Description |
|---------------|--------|-------------------------|---|
| Drop In | \$25 | \$25 | Drop in to try out one of our many class options |
| Package of 6 | \$108 | \$135 | Packages are flexible and any class on the schedule can be attended, (within the ability level of the client) |
| Package of 12 | \$194 | \$237 | Make a bigger commitment and save per class! |

** Prices do not include HST*



Group Mat Pilates Classes

Mat Pilates - Beginner

This is a Contemporary Pilates Mat class for Beginners and people who want to emphasize proper postural alignment, core stabilization, muscle balance and control at an easier pace.

| | | | |
|-----------|-----------------|----------|--------------------------|
| Thursdays | 9:30-10:30 a.m. | Studio A | Instructor: Ocean |
|-----------|-----------------|----------|--------------------------|

Mat Pilates – Intermediate/Advanced

Join us on the mat for this Intermediate/Advanced level contemporary Pilates mat class. The instructor uses small props to increase the challenge and connection to each exercise. These classes emphasize proper postural alignment, core stabilization, muscle balance and control. Be ready to burn your core!

Beginners and people who are new to our studio must have approval from the instructor before joining an Intermediate/Advanced class.

| | | | |
|---------|-----------------|----------|---------------------------|
| Mondays | 9:15-10:15 a.m. | Studio A | Instructor: Jackie |
|---------|-----------------|----------|---------------------------|

Mat Pilates – All Levels

This is a Classical Pilates mat series with exercises designed by Joseph Pilates himself. This series includes everything you need in a workout and will improve your core strength as well as all over strength, balance, and control. Mat Pilates is a great way to improve your posture and balance as well as strengthen and improve your spine, eliminating back pain. Suitable for beginners, long-time practitioners, and anything in between.

| | | | |
|----------|------------------|----------|--------------------------|
| Tuesdays | 5:15-6:15 p.m. | Studio A | Instructor: Annie |
| Sundays | 11:00-12:00 p.m. | Studio A | Instructor: Annie |

Pilates Strength – All Levels

This Pilates Workout is a full body workout adhering to the Pilates Principles of alignment. This class will incorporate heavier weights to build muscle while paying specific attention to form. While the traditional Pilates classes are designed to build long lean muscles, this class is designed to build power and strength.

| | | | |
|----------|----------------|----------|--------------------------|
| Tuesdays | 8:30-9:30 a.m. | Studio A | Instructor: Ocean |
|----------|----------------|----------|--------------------------|

Pilates 4 Seniors

This Senior Mat Pilates class focuses on precision movements, strength, balance, and control allowing participants to move a little slower to focus on finding form. This class is suitable for adults and seniors (55+).

| | | | |
|---------|------------------|----------|---------------------------|
| Mondays | 10:30-11:30 a.m. | Studio A | Instructor: Jackie |
|---------|------------------|----------|---------------------------|



Group Reformer Pilates Classes

Reformer Pilates - Beginner

This is a contemporary Reformer Pilates class involving a creative reformer series expanding on the repertoire of Joseph Pilates principles of movement. Whether you are new to the Pilates Reformer, just starting group classes, or intermediate needing a review of some basics, this is the class for you. Move slowly and ask questions in this beautifully designed level 1 class.

| | | | |
|----------|-----------------|----------|--------------------------|
| Tuesdays | 9:30-10:30 a.m. | Studio B | Instructor: Ocean |
|----------|-----------------|----------|--------------------------|

Reformer Pilates – All Levels

This is a contemporary Reformer Pilates class involving a creative reformer series expanding on the repertoire of Joseph Pilates principles of movement. Whether you are new to the Pilates Reformer, just starting group classes, or intermediate, this class is adapted to who ever is in the room. Suitable for all levels.

| | | | |
|-----------|------------------|----------|--------------------------|
| Thursdays | 10:40-11:40 a.m. | Studio B | Instructor: Ocean |
|-----------|------------------|----------|--------------------------|

Reformer Pilates – Intermediate/Advanced

This is a contemporary Pilates Reformer class involving creative reformer series' while following Joseph Pilates principles of movement. Every class will be a bit different. These classes build strength, stamina, coordination, and postural alignment.

Beginners and people who are new to our studio must have approval from the instructor before joining an Intermediate/Advanced class.

| | | | |
|------------|-----------------|----------|---------------------------|
| Wednesdays | 9:15-10:15 a.m. | Studio B | Instructor: Jackie |
| Thursdays | 9:15-10:15 a.m. | Studio B | Instructor: Jackie |
| Fridays | 9-10 a.m. | Studio B | Instructor: Ocean |



Registered Programs

Register either in person at the Homburg Centre Front Desk OR over the phone (902-420-5555) or online at: athletics.smu.ca/programs.

Note: Below prices do not include taxes | A refund will be issued to you if the program is cancelled due to low registration | No other refunds are permitted

Pickleball Foundations

{Sept 8 – Oct 20}

Join Halifax's certified Pickleball Instructors for a comprehensive and structured program designed to introduce beginners or novice players to the rules and techniques to master the fundamentals of one of the worlds fastest growing sports! Whether you've never held a pickleball paddle before or have limited experience, this program is tailored to help you build the necessary skills, knowledge, and confidence to enjoy this fast-paced and social game.

Registration opens August 6th and will remain open until Sept 8th. This program will run for 6 weeks starting on Sept 8, 2024. NO CLASS ON SEPT 22nd.

Member/ Student = \$67 | Non-Member = \$80

| | | | | |
|---------|------------------|--------------------------|------------------------------------|---|
| Sundays | 2:15 – 3:15 p.m. | Court B – Main Gymnasium | Instructors: Paul & Michael | Register Online at: athletics.smu.ca/Program |
|---------|------------------|--------------------------|------------------------------------|---|

Intermediate Pickleball

{Oct 27 – Dec 1}

This Intermediate Pickleball Program is for players who know the basic shots, elementary tactics and rules of the game but want to learn more about this great sport and play at a higher level. Focusing mainly on doubles, Pickleball participants will be introduced to more advanced concepts through drills and "in-game" situations.

Registration opens August 6th and will remain open until Oct 27th. This program will run for 5 weeks starting on Oct 27th, 2024. NO CLASS ON NOV 10th.

Member/ Student = \$84 | Non-Member = \$100

| | | | | |
|---------|------------------|--------------------------|------------------------------------|---|
| Sundays | 3:15 – 4:45 p.m. | Court B – Main Gymnasium | Instructors: Paul & Michael | Register Online at: athletics.smu.ca/Program |
|---------|------------------|--------------------------|------------------------------------|---|



Broga (Bro Yoga)

[Sept 12 – Oct 3rd]

ATTENTION: all Guys who are "not flexible" ~ Join Jen for a 4-week Broga series: a fun and energetic all-male yoga class designed to make yoga accessible and enjoyable for guys like you!

Whether you're a seasoned yogi or a complete beginner, this class is tailored to provide you with the perfect balance of instruction and fun. Our aim is to create a comfortable environment where you can learn the foundations of yoga while having a great time. Learn how to use yoga as the perfect complement to your workouts!

Registration opens August 6th and will remain open until Sept 12th. This program will run for 4 weeks starting on Sept 12, 2024.

Member/ Student = \$128 | Non-Member = \$160

| | | | | |
|-----------|------------------|----------|--------------------------------|---|
| Thursdays | 6:30 – 7:30 p.m. | Studio A | Instructors: Jen Harbin | Register Online at: athletics.smu.ca/Program |
|-----------|------------------|----------|--------------------------------|---|

Mind-Body Resilience: A 2-Week Yoga Challenge

[Sept 30 – Oct 11th]

Start your Fall strong with our Mind-Body Resilience Challenge! This two-week program is designed for SMUfit members and students who want to hone their mental and physical well-being and set themselves up for success. Whether you're new to yoga or have some experience, this program will help you feel better in your body and your mind.

Wellbeing Themes:

Self-Awareness: 🌸 Discover your inner strengths and feel more connected.

Autonomy: 🤝 Learn to make empowered choices and set boundaries.

Positive Relationships: ❤️ Build compassion for yourself and others.

Environmental Mastery: 🌍 Control your world and get the support you need.

Growth and Development: 🌱 Embrace new challenges and set growth goals.

Sense of Purpose: ✨ Find your direction and connect with your values.

Registration opens August 6th and will remain open until Sept 30th. This program will run for 2 weeks, 3 classes per week, starting on Sept 30, 2024.

Member/ Student = \$97 | Non-Member = \$118

| | | | | |
|----------------|------------------|----------|----------------------------------|---|
| Mon, Wed & Fri | 7:15 – 8:15 p.m. | Studio A | Instructors: Andrew Soren | Register Online at: athletics.smu.ca/Program |
|----------------|------------------|----------|----------------------------------|---|



Junior Squash

[Sept 10 – Oct 29th]

This junior squash program is designed to introduce children to the sport of squash, focusing on skill development, fitness, and enjoyment. Here is a detailed definition of what such a program might include:

Objectives:

- Skill Development: Teach the basic techniques of squash, including gripping the racket, swinging, and footwork.
- Physical Fitness: Improve overall fitness, coordination, agility, and strength through squash-specific exercises and activities.
- Game Understanding: Introduce the rules of squash, scoring systems, and basic game strategies.
- Sportsmanship: Promote values such as fair play, teamwork, and respect for opponents and coaches.

Participants only need to bring indoor gym shoes and activewear. Racquets, eye protection, and balls are available for loan.

Registration opens August 6th and will remain open until Sept 10th. This program will run for 6 weeks starting on Sept 10, 2024.

Member/ Student = \$65 | Non-Member = \$75

| | | | | | |
|----------|----------|------------------|------------|-------------------------------------|---|
| 8-11yrs | Tuesdays | 3:20 – 4:10 p.m. | Courts 3&4 | Instructor: Jack Comeau | Register Online at: athletics.smu.ca/Program |
| 12-15yrs | Tuesdays | 4:10-5:00 p.m. | Courts 3&4 | Instructor: Victor Onyebuchi | Register Online at: athletics.smu.ca/Program |

Heart 4 Life

Included in Heart for Life Membership

This program is 1.5hrs twice a week for anyone who has undergone a heart episode and wants to join a community of like-minded individuals. During each class professionals will take and track your heart rate and blood pressure. Personal Trainers will take you through a strength training circuit and the group will chose to do some cardio of choice.

| | | | |
|---------------------------------|-------------|---------------------------|------------------------------------|
| Mondays & Wednesdays [All Year] | 6-7:30 p.m. | Community and Cardio Room | Instructors: Zena & Mikaela |
|---------------------------------|-------------|---------------------------|------------------------------------|



Karate

[Sept 10 – Nov 29]

The Saint Mary's University Shotokan Karate Club offers the opportunity for members to learn the art of Shotokan karate in an enjoyable, inclusive class atmosphere. The SMU dojo has a strong sense of community where self-respect and respect for others is fostered while members work towards their goals of greater confidence, fitness, coordination, self-defence, or to pursue karate for competitive aims.

Please contact: shannon.doane@smu.ca with any questions or visit universitykarate.ca

Karate - Beginner

New beginner members will learn the basic fundamentals of traditional karate including kata (forms), kumite (sparring) and kihon (basic techniques).

Registration opens August 6th. This program will run for 12 weeks starting on Sept 10, 2023.

Member/ Student = \$65 | Non-Member = \$110

| | | | | |
|----------------------|----------|----------------|--------------------------------------|---|
| Tuesdays & Thursdays | 6-7 p.m. | Community Room | Instructors: Shannon & Andrew | Register Online at: athletics.smu.ca/Program |
|----------------------|----------|----------------|--------------------------------------|---|

Karate – Intermediate/Advanced

Intermediate and Advanced members will perform free sparring where students are able to perform any number of combinations of attack and defense against their opponent. We support members who wish to pursue Karate for traditional training and fitness, but also those who would like to excel in Karate as a competitive sport.

Registration opens August 6th. This program will run for 12 weeks starting on Sept 10, 2023.

Member/ Student = \$65 | Non-Member = \$110

| | | | | |
|----------------------|-------------|----------------|--------------------------------------|---|
| Tuesdays & Thursdays | 7-8:30 p.m. | Community Room | Instructors: Shannon & Andrew | Register Online at: athletics.smu.ca/Program |
|----------------------|-------------|----------------|--------------------------------------|---|

Karate – Competition Kata

The SMU Karate Club is pleased to offer a new Competition Kata class starting this September 2024. This class is geared toward the karateka/athlete who wishes to advance their kata performance for either competition, or gradings. Those who wish to participate in this class should already know at least one full kata from their style of karate that they are comfortable working on to improve. The basic fundamentals of kata will be worked on in this class, including speed, power, stances, transitions, balance, timing and techniques. This class is geared towards improving kata.

This class is open to members of the SMU karate club and any member of Karate Nova Scotia in good standing.

| | | | |
|----------|----------|----------------|----------------------------|
| Tuesdays | 8-9 p.m. | Community Room | Instructor: Shannon |
|----------|----------|----------------|----------------------------|

- A refund will be issued to you if the workshop is cancelled due to low registration.
- No other refunds are permitted.

Group Fitness Classes

All Group Fitness Classes are FREE with Membership or the purchase of a Day pass. Please show up a minimum of 5min prior to the class start time to get checked in with the instructor. Class registration opens 72hrs prior to the class start time. To book for a class and reserve your spot, go to athletics.smu.ca.

Mind & Body

Yoga

Good for those who want flexibility and relaxation. Elongate, strengthen, and stretch your way to better health with this breath focused flow.

| | | | |
|------------|----------------|----------|---------------------------|
| Mondays | 12:15-1 p.m. | Studio A | Instructor: Sonja |
| Mondays | 5-6 p.m. | Studio A | Instructor: Ash |
| Tuesdays | 12:15-1 p.m. | Studio A | Instructor: Ash |
| Tuesdays | 5-6 p.m. | Studio A | Instructor: Annie |
| Wednesdays | 5:30-6:30 p.m. | Studio A | Instructor: Alesia |
| Fridays | 1-1:45 p.m. | Studio A | Instructor: Sonja |
| Saturdays | 11-12 p.m. | Studio A | Instructor: Anna |

YogaLates

YogaLates is a fitness hybrid that combines the core-strengthening and muscle-toning benefits of Pilates with the flexibility, balance, and mindfulness of yoga. This fusion workout is designed to improve overall body strength, enhance posture, and promote relaxation and mental clarity. By integrating the dynamic and precise movements of Pilates with the flowing, meditative practices of yoga,

| | | | |
|------------|----------------|----------|--------------------------|
| Wednesdays | 8:30-9:30 a.m. | Studio A | Instructor: Annie |
|------------|----------------|----------|--------------------------|

Gentle Yoga

This Gentle Yoga class is suitable for anyone wanting to stretch, breath and relax. This is the perfect class for beginners, seniors and anyone requiring a modified program.

| | | | |
|-----------|-----------------|----------|---------------------------|
| Thursdays | 9:30-10:15 a.m. | Studio A | Instructor: Alesia |
|-----------|-----------------|----------|---------------------------|



Cardio

Spin

Get on your bikes and ride! This class uses Keiser spin bikes to give you the best low impact cardio workout around. Burn calories and have a blast doing it throughout this interval style spin workout. Enjoy hills and valley's all from the comfort of our studio. If you are new to spin, please arrive early to be sized for your bike. Spin classes do not require bike reservation. Arrive early to secure your bike.

| | | | |
|------------|----------------|----------|---------------------------|
| Mondays | 5:15-6 p.m. | Studio C | Instructor: Colm |
| Tuesdays | 6:15-7 a.m. | Studio C | Instructor: Anne |
| Wednesdays | 6:15-7 a.m. | Studio C | Instructor: Donna |
| Wednesdays | 5:15-6 p.m. | Studio C | Instructor: Ashoke |
| Saturdays | 8:30-9:30 a.m. | Studio C | Instructor: Doug |

Zumba

Fun, effective, easy to follow, Latin-inspired, calorie burning dance fitness party! Follow along to the beat of the music and learn a few new dance moves while simultaneously getting a cardio workout. You will be having so much fun you won't even realize how hard you worked!

| | | | |
|------------|----------------|----------|----------------------------|
| Mondays | 7-8 p.m. | Studio C | Instructor: Leticia |
| Tuesdays | 6-7 p.m. | Studio C | Instructor: Leticia |
| Wednesdays | 7:30-8:30 p.m. | Studio C | Instructor: Tina |
| Thursdays | 6:15-7:15 p.m. | Studio C | Instructor: Tina |



Strength & Conditioning

Body Sculpt

Abs, Legs and more with a new attitude - this class uses tubing, weights, bars, balls, balance boards, and more. Body Sculpt allows you to move to the music for a full body high repetition workout designed to tone your muscles and improve endurance. Join this high energy workout and leave with a smile on your face.

| | | | |
|------------|-----------------|----------|-------------------------|
| Tuesdays | 9:30-10:30 a.m. | Studio C | Instructor: Zena |
| Wednesdays | 6:30-7:30 p.m. | Studio C | Instructor: Zena |
| Thursdays | 4:30-5:30 p.m. | Studio C | Instructor: Zena |
| Fridays | 9:30-10:30 a.m. | Studio C | Instructor: Zena |

Gentle Fitness

This class is a mix of endurance, mobility, and stability without the stress on your joints. This total body, low-impact workout combines cardio, resistance, and balance exercises. Suitable for beginners, seniors and anyone requiring a modified program.

| | | | |
|------------|-----------------|----------|-------------------------|
| Mondays | 9:30-10:30 a.m. | Studio C | Instructor: Zena |
| Wednesdays | 9:30-10:30 a.m. | Studio C | Instructor: Zena |

Heart & Muscle

This choreographed heart pumping class is a combination of low impact cardio and resistance training. You will leave feeling worked from head to toe while also getting your cardio in! Have fun working out to the beat in this fun and energetic class.

| | | | |
|---------|-----------------|----------|-------------------------|
| Sundays | 9:30-10:30 a.m. | Studio C | Instructor: Zena |
|---------|-----------------|----------|-------------------------|

Core Strength

This class focuses on core conditioning, stabilization, and strength through a variety of exercises. Be prepared to work on proper movement, challenge your core and feel the burn through core targeting compound movements and mat exercises.

| | | | |
|-----------|-----------|----------|----------------------------|
| Thursdays | 12-1 p.m. | Studio C | Instructor: Lindsay |
|-----------|-----------|----------|----------------------------|

Synergy Circuit

Join us for a challenging, fun, and inviting new workout on our "adult playground", the Synergy 360! This circuit training workout combines both strength and conditioning stations using a variety of equipment both on and around the Synergy to develop muscular strength and endurance, with an emphasis on functional movement and proper execution. Burn calories while toning arms, legs, abs and glutes with this team training style workout!

| | | | |
|------------|---------------|-------------|--------------------------|
| Mondays | 12:15-1 p.m. | Cardio Room | Instructor: Rick |
| Wednesdays | 12:15-1 p.m. | Cardio Room | Instructor: Rick |
| Fridays | 12-12:45 p.m. | Cardio Room | Instructor: Sonja |

Strong 45

Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music. Each class burns calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

| | | | |
|-----------|-------------|----------|-------------------------|
| Thursdays | 6:15-7 a.m. | Studio C | Instructor: Bobi |
|-----------|-------------|----------|-------------------------|

Total Body HIIT

An action-packed fitness class filled with High Intensity Interval Training designed to challenge your body, burn fat and build lean muscle. Push yourself past your limits with this high intensity full body workout!

| | | | |
|---------|-------------|----------|-------------------------|
| Mondays | 6:15-7 a.m. | Studio C | Instructor: Bobi |
|---------|-------------|----------|-------------------------|

*Classes are subject to change and will always be up to date on our booking site: athletics.smu.ca



Personal Training Services

Are you ready to get on track with your fitness goals and overall health? Look no further than SMUfit Personal Training. Purchase your package in person at the Front Desk or over the phone at 902-420-5555. For more information or to schedule a free consultation, email our Fitness Coordinator, **Lindsay McFarlane**, lindsay.mcfarlane@smu.ca

**Taxes not included*

| INDIVIDUAL PERSONAL TRAINING | | | |
|------------------------------|------------------------------------|--------------------------------------|---|
| Package | Member (Per Person) | Non-Member (Per Person) | Description |
| 4 Sessions | \$60 per session/ \$240 total | \$72 per session/ \$288 total | 4, 1hr private sessions, with personalized programming, consultation, and assessment |
| 8 Sessions | \$55 per session/ \$440 total | \$66 per session/ \$528 total | 8, 1hr private sessions, with personalized programming, consultation, and ongoing assessment |
| 12 Sessions | \$50 per session/ \$600 total | \$60 per session/ \$720 total | 12, 1hr private sessions, with personalized programming, consultation, and ongoing assessment |
| 24 Sessions | \$48 per session/ \$1,152 total | \$57.6 per session/ \$1,382 total | 24, 1hr private sessions, with personalized programming, consultation, and ongoing assessment |

| BUDDY PERSONAL TRAINING (2 people) All the benefits of personal training, with a buddy! (Pricing is per person) | | | |
|--|----------------------------------|----------------------------------|--|
| Package | Member (Per Person) | Non-Member (Per Person) | Description |
| 4 Sessions | \$38 per session/ \$153 total | \$46 per session/ \$183 total | 4, 1hr semi-private sessions, with personalized programming, consultation, and assessment |
| 8 Sessions | \$33 per session/ \$264 total | \$40 per session/ \$317 total | 8, 1hr semi-private sessions, with personalized programming, consultation, and ongoing assessment |
| 12 Sessions | \$30 per session/ \$360 total | \$36 per session/ \$432 total | 12, 1hr semi-private sessions, with personalized programming, consultation, and ongoing assessment |
| 24 Sessions | \$28 per session/ \$672 total | \$34 per session/ \$816 total | 24, 1hr semi-private sessions, with personalized programming, consultation, and ongoing assessment |



Pickleball Information

Private Pickleball Sessions

For anyone looking to improve their pickleball game quickly through one-on-one instruction. Join our qualified pickleball coach for customized lessons designed to suit your needs and your schedule. These sessions are for 1-4 people.

| Private 1hr Lessons | | | |
|---------------------|--------|------------|---|
| Sessions | Member | Non-Member | Description |
| Private | \$35 | \$42 | Personalized private lesson with a qualified Pickleball Instructor. |

Pickleball Workshops

Pickleball 101

Pickleball is a fun and fast-growing sport that combines elements of tennis, badminton, and ping pong. Whether you're new to the game or looking to improve your skills, this workshop will introduce you to the fundamentals of pickleball and provide you with the knowledge and techniques to enjoy the game to the fullest. By the end of this "Pickleball 101" workshop, you'll have a solid understanding of the game, be equipped with essential skills, and be ready to have a blast on the pickleball court! Let's play some pickleball!

Member/ Student = \$44 | Non-Member = \$53

| | | | | |
|----------|-----------------------|------------------|--------------|--|
| Saturday | Sept 14 th | 4 – 6 p.m. | Gym, Court B | Instructors: Paul Kelly and Michael Lanuevo |
| Saturday | Oct 5 th | 2:30 – 4:30 p.m. | Gym, Court B | Instructors: Paul Kelly and Michael Lanuevo |
| Saturday | Nov 2 nd | 8 – 10 a.m. | Gym, Court B | Instructors: Paul Kelly and Michael Lanuevo |

Please see page 7 for our Pickleball Foundations and Intermediate Pickleball Registered Programs.



Squash Information

There are a very active group of squash players at all levels. New and experienced players can meet other players through the many activities organized at the courts.

Squash Court Bookings

Call 902-420-5555. Members with a SMUfit Plus membership may book courts up to a week in advance through athletics.smu.ca. Day Pass & Multi Pass Users can book courts the day of play. Multi Use Pass users cannot use squash courts during prime time, which is Mon-Fri from 4pm to close, unless playing in a league program.

Squash clubs and leagues

SMUfit coordinates with 5 different squash groups to ensure that our facility is offering a variety of organized league options. Please see our league schedule below.

For more information about league play please email: squash@smu.ca.

| LEAGUE | DAYS | TIME | COURTS |
|-----------------------|----------------------|--------|--------|
| Ladies Night | Mondays | 7-9pm | 1,2&3 |
| Premier League | Tuesdays & Thursdays | 7-9pm | 2&3 |
| Halifax Squash League | Wednesdays | 7-10pm | 1&2 |
| Junior Squash | Thursdays & Fridays | 4-6pm | 3&4 |
| | Saturdays & Sundays | 9-11am | 3&4 |
| | Sundays | 1-3pm | 3&4 |
| Club Night | Fridays | 6-10pm | 1,2&3 |

Junior Squash Programs

[Sept 10 – Oct 29th]

This junior squash program is designed to introduce children to the sport of squash, focusing on skill development, fitness, and enjoyment. Here is a detailed definition of what such a program might include:

Objectives:

- Skill Development: Teach the basic techniques of squash, including gripping the racket, swinging, and footwork.
- Physical Fitness: Improve overall fitness, coordination, agility, and strength through squash-specific exercises and activities.
- Game Understanding: Introduce the rules of squash, scoring systems, and basic game strategies.
- Sportsmanship: Promote values such as fair play, teamwork, and respect for opponents and coaches.

Participants only need to bring indoor gym shoes and activewear. Racquets, eye protection, and balls are available for loan.

Registration opens August 6th and will remain open until Sept 10th. This program will run for 6 weeks starting on Sept 10, 2024.

Member/ Student = \$65 | Non-Member = \$75

| | | | | | |
|----------|----------|------------------|------------|--------------------------------------|---|
| 8-11yrs | Tuesdays | 3:20 – 4:10 p.m. | Courts 3&4 | Instructors: Jack Comeau | Register Online at: athletics.smu.ca/Program |
| 12-15yrs | Tuesdays | 4:10-5:00 p.m. | Courts 3&4 | Instructors: Victor Onyebuchi | Register Online at: athletics.smu.ca/Program |

Drop-In Sports

| SPORT | DAYS | TIME | LOCATION |
|-------------------------|----------------------|---------|-------------------|
| Basketball | Mondays & Wednesdays | 12-1pm | Main Gym, Court A |
| Badminton | Mondays & Wednesdays | 12-1pm | Main Gym, Court B |
| Pickleball | Thursdays | 10-12pm | Main Gym, Court B |
| Competition Kata Karate | Tuesdays | 8-9pm | Community Room |

NOTE: Table Tennis is now available anytime we are open in the upstairs lobby area. Check out your ball and paddles at the Programs and Services desk.

We recommend checking the athletics.smu.ca calendar or checking with the front desk before coming for any drop-in sports as times and locations are subject to change.

For more information, email our Fitness Coordinator at Lindsay.mcfarlane@smu.ca

