

# NOW TAKING WINTER REGISTRATIONS!!



## Winter 2010 Sport Conditioning & Functional Fitness Program Schedule

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00AM	Ultimate Functional Fitness		Ultimate Functional Fitness				
7:15AM							
9:30AM	Women's Ultimate Functional Fitness	9:15 Spin Interval Training & CORE	Women's Ultimate Functional Fitness	9:15 Spin Interval Training & CORE	Women's Ultimate Functional Fitness	10:00 Ultimate Functional Fitness	
Lunch						11:00 Youth Sport Conditioning	
4:30PM	Elite Sport Conditioning (Group 3+)		Elite Sport Conditioning (Group 3+)		Elite Sport Conditioning (Group 3+)		
5:30PM		Sport Conditioning (Group 2/3)		Sport Conditioning (Group 2/3)	UFF Metabolic Conditioning		
6:30PM			Spin Interval Training & CORE				
7:30PM		Ultimate Functional Fitness		Ultimate Functional Fitness			

Winter 2010 Jan 5 - Mar 28 (12 weeks), Spring 2010 Mar 29 – June 26 (13 weeks)  
 Summer 2010 June 28 – Sept 4 (10 weeks), Fall 2010 Sept 7 – Dec 18 (15 weeks)

UTC 800 Mulock Drive Newmarket ON (Inside the Magna Centre)  
 905-868-9391 [info@utcnewmarket.com](mailto:info@utcnewmarket.com) [www.utcnewmarket.com](http://www.utcnewmarket.com)

## SPORT CONDITIONING & ULTIMATE FUNCTIONAL FITNESS

1 session per week \$22.50+GST/week  
2 sessions per week \$40.00+GST/week  
3 sessions per week \$52.50+GST/week

## SPIN INTERVAL TRAINING & CORE AND REGENERATION YOGA

\$10 per session based on season or \$87.50+GST for monthly unlimited.

Group 1 = ages 9-11, Group 2 = ages 12-14, Group 3 = 15 & older,  
Group 3+ = 15 & older with previous UTC training, UFF/ Spin= adult

Other group times are available. Please refer to schedule and UTC staff for more details.

## SPORT CONDITIONING

This program is for competitive athletes ages 12 and older playing **hockey, soccer, lacrosse, rugby, basketball, football and more**. The UTC sport conditioning program focuses on explosive speed, power, coordination, strength, agility, accuracy, anaerobic/aerobic conditioning and sport specifics. For more info on any sport conditioning program please contact us.

## YOUTH SPORTFIT

An introduction to the UTC sport conditioning program as it relates to young athletes **ages 9-11**. This is an important age to introduce good training fundamentals while creating a positive impression of fitness. Focusing on key areas like agility, balance, reaction & core strength.

## ULTIMATE FUNCTIONAL FITNESS- Adults

Athletic conditioning program for adults. This is not a choreographed class, it is a small group-training session with your own strength and conditioning trainer. We have taken the best drills and exercises from our sport conditioning programs and created a functional cross training program for adults. Every work out is scaleable to a person's ability and background. The program focuses on key fitness components: strength, speed, stamina, balance, coordination, flexibility and agility. *If you are serious about being in the best shape of your life this is a no excuse program to do just that. Unleash the athlete in you!*

## UFF METABOLIC CONDITIONING

Metabolic conditioning is dynamic cardiovascular training to maximize your workouts. Training both your anaerobic and aerobic energy systems. Combining traditional cardio intervals with agility, speed and plyometrics drills to crank up your fitness level and metabolism.

## SPIN INTERVAL TRAINING (45 min)

You must have heard about spinning by now. What you need to know about our program is it is run by our sport conditioning trainers. So expect a solid interval program that can burn some crazy calories, but also prepare you for greater lower body power output and aerobic/ anaerobic conditioning. Every work out ends with a core conditioning circuit utilizing the stability ball, bosu trainer or Trx suspension system.

## REGENERATION YOGA (45 min)

Everyone needs to pay attention to the importance of their flexibility/ recovery training to perform better at sport or life. Yoga regeneration will dramatically improve your muscle function and reduce the risk of injury. This program combines traditional yoga postures keyed into common areas of restriction as well as utilizing other forms of regeneration practices like foam rollers or assisted stretching props like ropes. This is a great way to treat your body with some R & R.