

We are excited to kick off 2019 with our **FITNESS FUNDRAISER!**  
 Bridgeport School Council is hosting adult fitness classes on Wednesdays throughout  
 January and February.

These adult fitness classes are open to the community, so feel free to invite your friends  
 and join us for some fun and exercise! Wear your workout clothes and bring a mat if you  
 have one (for yoga and pilates).

***All proceeds will go towards our new playground!***

**When: Classes will be held every Wednesday in January & February**

**Time: 7:00-8:00pm**

**Where: Bridgeport Public School Gym**

**Cost: \$10/person in advance; \$15/person at the door**

**Sign up for all 8 classes and save! (ONLY \$70/person for ALL 8 classes)**

**FITNESS FUNDRAISER SCHEDULE**

<b>Date</b>	<b>Class</b>	<b>Instructor</b>
Wed Jan 9	Circuit Training	Albert Klein, ACTION1
Wed Jan 16	PILATES - know your strength	Stephanie Moore, The Art of Fitness
Wed Jan 23	Circuit Training	Albert Klein, ACTION1
Wed Jan 30	Boot Camp	Becky Williamson, Verv Wellness
Wed Feb 6	Yoga	Erin Washkurak, Bold Move Solutions
Wed Feb 13	HIIT -High Intensity Interval Training	Kerri Hallman, Fitness360
Wed Feb 20	Boot Camp	Erin Washkurak, Bold Move Solutions
Wed Feb 27	PILATES - targets 'the core'	Stephanie Moore, The Art of Fitness

Kindly return your registration form along with payment to the students' classroom by  
Tuesday, January 8, 2019. Cash or cheque accepted. Cheques can be made payable to  
 'Bridgeport Public School'. Thank you!

## **Bridgeport PS Fitness Fundraiser Instructors/Trainers**

Classes are taught by certified instructors and personal trainers from local fitness studios who are all donating their time for our great cause. We are grateful to all of them for their support! Below is an introduction to each of our 'Bridgeport PS Fitness Fundraiser' instructors and a description of the classes listed on the schedule.

### **ACTION 1 (Circuit Training)**

**Albert Klein**, Hon.B.Sc.(HK), CAT(C), RMT, R.Kin, CSCS  
[www.trainers-haven.com](http://www.trainers-haven.com)

Come experience a one of a kind group fitness program. ACTION1 (Athletic Circuit Training 1-ON-1) is an effective and fun boot camp style class that uses the latest tools and methods to enhance your training environment. No matter what your fitness goals are, this class has it all and offers modifications for all fitness levels. ACTION1 classes start with a 5-10 minute dynamic warm-up to prepare the body for the circuit stations. There will be numerous different stations (cardio, strength, abs/core) that each participant will rotate through in an interval format. Classes end with a 5-10 minute cool down and stretching routine.

### **Fitness 360 (HIIT)**

**Kerri Hallman** Owner, CPT  
[www.fitness360.ca](http://www.fitness360.ca)

In this HIIT training class you will get your heart pumping! High Intensity Interval Training is one of the best ways to burn fat while you workout. When your heart rate goes up and then comes back down your body has to work harder to keep your heart pumping and thinking. We will use body weight for our strength portions and you will be surprised what your body can do!

### **The Art of Fitness (Pilates)**

**Stephanie Moore**, BA, CPT  
[www.artoffitness.net](http://www.artoffitness.net)

The Pilates classes being offered at Bridgeport Public School are for both the rookie and the seasoned fitness participant. We will take you through a circuit style movement flow based within the Pilates repertoire. Throughout the class, we will be offering you options for support or options to challenge yourself further. This class is designed to integrate the entire body into action with the intention of leaving you feeling taller, stronger and sure of yourself!

### **Bold Move Solutions (Boot Camp & Yoga)**

**Erin Washkurak**  
[ewashkurak@live.com](mailto:ewashkurak@live.com)

Boldmove Solutions is a lifestyle transformation and weight management group that helps you find the underground dance parties of life. Be bold in your pursuit to become the best version of yourself. We offer Bootcamp and yoga classes, nutrition coaching, individual life coaching, master classes and retreats. The next Creating Boldness 2019 master class will be held Jan 6, 2019.

## Bootcamp

A heart pumping full body workout that uses a combination of high intensity interval training (HIIT) and body resistance training systems known as metabolic conditioning, that keeps your metabolism boosted for 24 hours after your workout. All levels welcome.

## Yoga

In this class, we will sequence poses with a vinyasa flow. Emphasis will be on the synergy between movement and breath. All levels welcome.

## **Verv Wellness (Bootcamp)**

Becky Williamson, RMT, CPT

[www.vervwellness.com](http://www.vervwellness.com)

Verv Wellness is a modern clinic, yoga studio, fitness studio and professional personal training gym for individuals looking to improve their health and happiness with many of K-W's best practitioners.

This challenging and fun boot camp is a full body blast workout with core, cardio and strength training. We'll start the class with a 5 min stretch session, followed by a quick run through of each exercise. Each exercise will be completed with a timer followed by a rest before we move onto the next exercise. The end of the workout will have a 5 min stretch session to ensure your muscles feel their best. All levels welcome.