



FAMILY Fun Fit

BEACHES TRIATHLON CLUB

Spring Schedule

Family Fun Fit head Coach **Christina Kaufmann** is an NCCP Triathlon Coach, 6 time Ironman Finisher and 200k Ride To Conquer Cancer Participant.

Encouraging all levels and ages of athletes to achieve their personal best. Experience Reliability and Results. Specializing in Cross training and Triathlon fitness for the entire family. Cycling classes use top of the line bikes, climate controlled room. All classes are carefully choreographed to simulate exterior conditions, terrain and inclines.

All ages and abilities welcome.





SPRING SESSION 2010
BEACHES TRIATHLON CLUB

To reserve your spot please call Christina Kaufmann
416-294-9181 or email familyfunfit@rogers.com
www.familyfunfit.ca

REGISTRATION FOR OUR 2010 SERIES IS NOW OPEN.
EAST END KIDS OF STEEL NOW HAS AN ADULT TRY A
TRI PLEASE VISIT www.familyfunfit.ca for details

FAMILY FUN FIT'S BEACHES TRIATHLON CLUB
LAUNCHES MAY 28 SWIM BIKE RUN OUTSIDE!!!!

Monday 70 min Teen Spin 4:45-5:55pm

Start date Monday March 22-May 17

9 weeks, \$15/per class \$135

Class format: 50 min spin, 20 min core & stretch

Monday 90 min Tri Club Ride and Run 7:30-9pm

Start date Monday March 22-May 17

9 weeks, \$20 per class \$ 180

Class format: 50 min ride, 20 run, 10 min core & 10 min stretch

Want to do a Triathlon? This is the class for you!!! All levels welcome. No experience needed. Supported races include East End KOS Try a Tri, Guelph Lake 1 Triathlon in June, and the Peterborough Tri in July (Tri a Try to Half Ironman. Relay options are available) Pick a goal and we will train together!

Wed Kids TRI Club-SPRING TRAINING

4:15-5pm START APRIL 14 - JUNE 2, 8 WEEKS \$65

Format: 20 min bike, 20 min run, 20 min games core & stretch. Kids need a bike, helmet, water. Meet at bottom of Balsam at Boardwalk. Focus on fun and participation. All ages welcome.

Wed 70 min 'Early Birds 6-7:10am

Wed March 23 - May 26

10 weeks, \$15 per class \$150

Class format: 50 min ride, 10 min core & 10 min stretch

Thursday 70 min 'CTS' AND RIDE 9:40-10:50am NEW FORMAT

March 25 - May 27

10 weeks, \$15 per class- \$150

Class format: 20 min 'Connective Tissue Stretch (CTS), 50 min ride.

Friday 70 min 'Early Birds' 6-7:10am

MARCH 26 - MAY 28

10 weeks \$15 per class \$150

Class format: 50 min ride, 10 min core & 10 min stretch

SWIM TRAINING-Ongoing Until June

Friday Masters Swim 5:00-6:30pm Malvern Pool
\$20 Drop in Single Pass (maximum of 2 single drop ins allowed per session, then a minimum of 5 weeks must be committed to)
5 Pass-\$75

Saturday Indoor Long Rides 2-5pm

Start date Saturday March 20 - April 10

4 week session \$20 per ride (\$80). THEN WE RIDE OUTSIDE!

This class is designed for Triathletes, Road Riders, Ride to Conquer Cancer participants, Athletic Cross Training, and people wanting a great weekly challenge. Participants are encouraged to work within their own level of comfort. No previous riding experience needed, all are welcome. Please bring fluids, nutrition and a towel.

Room accommodates 18 spin bikes and 20 bikes on trainers. For riders wishing to use their outdoor bikes, please bring your own bike trainer.

Personal Training

70 minute Personal Training Sessions. Clients receive a complimentary 30 minute consultation where your current fitness level is discussed and a plan is designed. 70 min Personal Training sessions thereafter are \$65 per hour.

One on One Cycling Technique Analysis and Correction

70 min- \$65

A 70 minute private in-studio Ride consultation. You will learn proper body position, riding technique and gearing for optimal efficiency. Ride done in front of mirrors. All terrain will be simulated (rolling hills, steep hills, flats etc) and discussed.

Music Themed Spins

Bi-monthly Friday night theme spins 7:30-9PM

Format: 60 min ride, 30 min core & stretch

\$20 Themes posted at www.familyfunfit.ca and MSC.

FAMILY FUN FIT PRIVATE COACHING

Learn with Christina Kaufmann, a 6 time Ironman® Finisher and NCCP Triathlon Coach. Family Fun Fit's Private Coaching Service begins with a 1 hour face-to-face meeting where we map out where you are and where you wish to be. Next, Christina creates a personalized training program and customized schedule that will systematically train you and motivate you to achieve your desired goal.

Schedules include: swim-bike-run, core & stretch workouts, or can be customized for general fitness.

Clients have daily access to coach via email or phone. Christina's past clients have successfully achieved their Try-A-Tri, Sprint, Olympic distance, half Ironman® and Ironman® goals.

This service is ongoing. Cost is \$150 per month.

ABOUT CHRISTINA KAUFMANN

Family Fun Fit's Founder/Director, Christina Kaufmann is an NCCP Triathlon Coach and 6 time Ironman® Finisher (swim 2.4MI, bike 112MI, run 26.2MI). In 2007 she received the Ontario Association of Triathlete's Lisa Hamman Award for her efforts to better the Ontario triathlon sport community. Christina was awarded a full tennis scholarship in college; she infuses her classes and coaching with 30+ years of study and passion to all things athletic.

Christina is a mom of 3, and Founder/Race Director of Family Fun Fit's Race Series. Races include East End Kids of Steel Triathlon, Beaches Best kids of Steel Duathlon, KOS Splash and Dash and The Beaches Halloween Fun run. She's currently training for her 7th Ironman® (Couer D'Alene Idaho 2010), and will participate for the second time in The Ride to Conquer Cancer, 200K, in June 2010.

Christina personally understands the challenges and time management skills needed to raise a family while still achieving athletic success. Regardless of your physical literacy, Christina provides safe and effective step-by-step coaching that helps you achieve your fitness goals. You will also learn mental preparation and visualization techniques; goal setting and time management; and proper technique in all the triathlon disciplines.

For a confidential discussion about your current and future fitness goals, please contact Christina Kaufmann at 416-294-9181 or familyfunfit@rogers.com

Family Fun Fit works exclusively out of MSC Fitness, with over 60 classes a week to choose from, together we can take care of your total mind and body fitness. All levels welcome!