







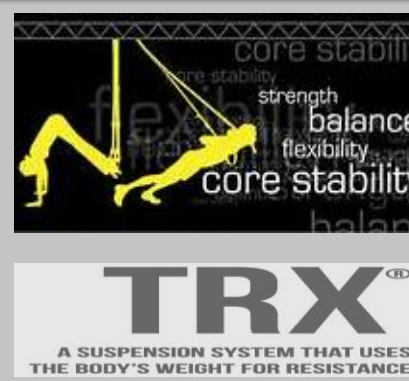


GROUP FITNESS SCHEDULE

Effective February 13th, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			MORNING CLASSES			
	6:00am SPIN & ABS Kerri 60min	7:00am **NEW** TRX POWER STRETCH Lisa 60min	6:00am CYCLE PUMP XPRESS Deb 60min			
8:30am	8:30am	8:30am		9:15am	8:00am	9:00am
SCULPT & TONE Chrissy 45min	CORE-ELATION PILATES Laura 45min	YOGA Lisa 75min		RESTORATIVE YOGA Lisa 60min	CYCLE ZONE Sonia 60min	INTERVAL RIDE Mandy 60min
9:15am	9:15am	9:15am	9:15am	9:15am	9:00am	9:15am
REVOLUTION RIDE Chrissy 60min	**NEW** STEP 'n' SCULPT Shannon 60min	CYCLE ZONE Sonia 60min	TOTAL BODY SCULPT Sonia 60min	RIDE & CLIMB Michelle .L. 60min	POWER PUMP Sonia 60min	LEAN PHYSIQUE Marcella 60min
10:30am	10:15am	10:15am	10:15am	10:15am	10:15am	10:30am
YOGA ERIN 60min	ZUMBA Ximena 60min	**NEW** A.B.T Sonia 60min	CYCLE ZONE Sonia 60min	ZUMBA Ximena 60min	YOGA Erin 75min	PIYO STRENGTH Marcella 60min
				12:15pm **NEW** TRX BODY BLAST Marcella 45min	1:00pm **NEW** TRX BODY BLAST Marcella 45min	
	EVENING CLASSES	EVENING CLASSES				
6:00pm ROCK 'n' RIDE Michael 60min	6:00pm TOTAL BODY SHRED Marcella 60min	6:00pm **NEW** "SPIN 101" & STRETCH Kerri 60min	6:00pm SCULPT & TONE Juli 45min	7:00pm **NEW** BOOTCAMP Jeff 60min		
6:30pm BOOTCAMP Jeff 60min			6:45pm INTERVAL RIDE Juli 45min			
	7:00pm SPINSANITY Marcella 45min	7:15pm **NEW** TRX CIRCUIT Marcella 45min				
7:30pm YOGA Denyse 60min	7:45pm **NEW** YOGA/MEDITATION Erin 60min		7:30pm YIN YOGA Denyse 75min			



TRX
A SUSPENSION SYSTEM THAT USES THE BODY'S WEIGHT FOR RESISTANCE

Suggestions are always welcome!

Please contact:

FITNESS CLUBS OF CANADA



GROUP FITNESS CLASS DESCRIPTIONS



A.B.T.: A strength and toning workout that focuses on the Abs, Butt and Thighs.

BOOTCAMP: In this 60minute interval training class, members will work through each exercise for 1 minute between cardio and strength moves, interrupted by mere moments of active recovery. Designed to test your limits. FUN! FUN! FUN!

CORE-ELATION PILATES: Get ready to be straightened out! This is a Pilates core conditioning class, focusing on the abs and back to increase strength and flexibility. You will not be disappointed.

CYCLE PUMP XPRESS: Partake in a 35 minute exhilarating ride to rid your body of toxins and get your muscles warm. Move to the mat, for a head to toe total body fix. Use weights to target all major muscle groups to strengthen and tone by doing a challenging series of 5-6 total body conditioning exercises.

LEAN PHYSIQUE: This is a one-hour muscle conditioning workout designed to build strength and lean muscle mass, firm & define your body. Shed unwanted inches & pounds while building cardio endurance.

PIYO STRENGTH™: This all encompassing journey trains the mind, breath, muscles and joints to enhance equilibrium and agility. Experience an athletic blend of Pilates, Yoga and more. It's about energy, power and movement. Think sculpted abdominals, increased core strength and greater stability.

RESTORATIVE YOGA: Take the best of Hatha Yoga, modify by adding some core strengthening Pilates and we get a truly transformative and empowering practice.

SPIN: CHOOSE FROM A VARIETY OF INDOOR CYCLING CLASSES AS INSTRUCTORS ADD THEIR OWN FLARE!!

CYCLE ZONE, INTERVAL RIDE, RIDE & CLIMB, REVOLUTION RIDE, ROCK 'n' RIDE, SPIN & SPINSANITY

Ride from the shoreline to the hills in this journey that is designed to provide you with the optimum in fat burning and strength building. This ride will simulate varied terrain as you tackle rolling hills, sprints, break-a-ways and other drills to give you a great interval workout. Come find the inspiration you have been looking for to help you achieve your personal goals. Indoor cycling welcomes all fitness levels. ****SIGN UP REQUIRED UP TO 1HR BEFORE START TIME TO ENSURE A BIKE****

****SPIN 101" & STRETCH:** This 30-minute class is offered to those who have never taken cycle. Learn the basics of cycling and enjoy a 30-minute ride. A 'must' for all new riders!! Followed by a 30-minute full body, exhilarating stretch.

STEP 'N'SCULPT: Simple, heart-pumping step aerobics routines combine with strength training intervals to give you a complete cardio and weights workout. This is an excellent cross-training class for all skill and fitness levels. You may be surprised to actually enjoy sculpting your body and following step combinations.

*******N E W*******

TRX SUSPENSION TRAINING: Total Resistance eXercise (TRX) (SIGN-UP REQUIRED!!)

The term suspension training refers to an approach to strength training that uses a system of ropes and webbing called a "suspension trainer" to allow users to work against their own body weight. A form of resistance training that includes bodyweight exercises in which a variety of multi-planar, compound exercise movements can be performed. These are done with the aim of developing strength, balance, flexibility, and joint stability simultaneously. Suspension training develops physical strength while using functional movements and dynamic positions.

TRX BODY BLAST: Join in on our 45-minute full-body INTERVAL TRX® workout to build overall strength, balance, and flexibility. This class is a 2min on/off interval class using TRX suspension system and weights/body bars. All levels welcome!

TRX CIRCUIT: Shape up fast with Cardio Circuit, a super-charged combo of strength and cardio training. Our unique interval program joins TRX Suspension Training with the benefits of anaerobic, fat-burning. You can boost metabolism, improve heart and lungs, and tone up fast

TRX POWER STRETCH: This mind/body and core-focused class combines Pilates and yoga-inspired movements and postures on the TRX with more traditional strength and flexibility exercises. The session seamlessly blends the methodologies into a powerful and smooth class flow that improves body awareness, flexibility and movement patterns and leaves participants feeling uplifted and empowered!

TOTAL BODY SHRED/SCULPT & TONE: Focuses on strength and muscle conditioning for the upper and lower body including core.

YIN YOGA: Yin Yoga works the body differently. More emphasis on the deeper tissues; the joints and it can even help the bones themselves. This type of YOGA will actually stimulate the connective tissues all around your joints and then when the stimulus stops, nurturing takes over making you stronger than before.

YOGA: for these classes be prepared for a variety of styles blended and rearranged, Kundalini, Hatha, Ashtanga are some the practices featured in these classes. We're just not that into permanent "labels" for these classes. Giving you variety week to week.

ZUMBA: Ditch the workout and join the party!! Love the music, learn the dances and lose inches as you sweat your way through Latin dance inspired cardio intervals.

NOTE TO BEGINNERS: All classes can be done at a beginner level. If you are taking a class for the first time, arrive a couple minutes early and inform the instructor. This will allow the instructor to give you some tips on how to modify or ease yourself into the class.



