



**(905)727-1100**

## GROUP FITNESS SCHEDULE

Effective APRIL 2nd 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>6:00am</u>  TRX Lisa SPIN Cindy	<u>6:00am</u>  SPIN & ABS  Kerri	<u>6:00am</u>  TRX  Lisa	<u>6:00am</u>  CYCLE PUMP XPRESS Sarah	<u>6:00am</u>  SPIN  Michelle . M	<u>8:00am</u>  CYCLE  Sonia	
<u>8:30am</u>  SCULPT  Chrissy	<u>8:30am</u>  MAT PILATES Laura	<u>8:30am</u>  YOGA 75 mins Lisa	<u>8:30am</u>  SPIN  Sonia	<u>8:30am</u>  CARDIO INTERVAL  Shannon	<u>9:00am</u>  PUMP  Sonia	
<u>9:30am</u>  RIDE  Chrissy	<u>9:30am</u>  STEP 'n' SCULPT  Shannon	<u>9:15am</u>  CYCLE  Sonia	<u>9:30am</u>  PUMP  Sonia	<u>9:30am</u>  RIDE Michelle .L RESTORATIVE YOGA Lisa	<u>9:00am</u>  SPIN  Cindy	<u>9:00am</u>  INTERVAL RIDE  Mandy
<u>10:30am</u>  YOGA 75 mins Erin	<u>10:30am</u>  ZUMBA  Ximena	<u>10:15am</u>  W.O.D  Sonia		<u>10:30am</u>  ZUMBA  Ximena	<u>10:00am</u>  YOGA 75 mins Erin	<u>10:00am</u>  MILITARY BOOTCAMP Jeff
		<b>EVENING CLASSES</b>				
<u>5:30pm</u> <b>30 mins</b> BOOTCAMP  Shannon					<p><i><b>SPRING 2018</b></i></p> <p><i>Welcome to spring, time to stop hibernating and get back into the swing of things with our new schedule.</i></p> <p><i>Whether it's spinning, mamboing, pumping or finding your zen, hopefully we have something for everyone.</i></p> <p><i>Any comments or Feedback, please talk to your fitness coordinator - Sonia.</i>  <i>bodyperfection@live.ca</i></p>	
<u>6:00pm</u>  ROCK 'n' RIDE  Michael	<u>6:00pm</u>  BODY SHRED  Juli	<u>6:00pm</u>  HIIT  Marcella	<u>6:00pm</u>  BODY BLAST  Shannon			
<u>6:00pm</u>  KICKBOX STRONG  Shannon	<u>7:00pm</u>  SPIN Juli ZUMBA Marcela . D	<u>6:30pm</u>  RIDE  Michael	<u>6:00pm</u>  SPIN  Marcella	<u>7:00pm</u>  MILITARY BOOTCAMP Jeff		
<u>7:30pm</u>  YOGA  Denyse	<u>8:00pm</u> <b>75 mins</b> YOGA/MEDITATION  Erin		<u>7:00pm</u> <b>75 mins</b> YIN YOGA  Denyse			

**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!

**MAT - 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.

**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.

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

**CYCLE , INTERVAL RIDE, RIDE & CLIMB, RIDE, ROCK 'n' RIDE, SPIN & SPIN**

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\*\***

**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.

**STEP 'N'SCULPT/STEP INTERVAL:** 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.

**CARDIO INTERVAL:** A mix of aerobic intervals with strength training, using weights and your own body weight.

**P90XLIVE:** Total Body Strength and Conditioning, created by Tony Horton, this is ultimate variety to keep your body guessing.

**TRX SUSPENSION TRAINING: Total Resistance eXercise (TRX)\*\*SIGN UP REQUIRED, UP TO 1HR BEFORE\*\***

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.

**HIIT** High Intensity Interval training, short bouts of cardio training at high intensity mixed with lower intervals of active recovery. A total workout.

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

**W.O.D:** Workout of the Day, this could be cardio, conditioning, a combo of both, with or without equipment, come and check out your surprise workout of the Day!!

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

**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 workout.

**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

