









GROUP FITNESS SCHEDULE

Effective **FEBRUARY 8th 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			MORNIN G CLASSES			
6:00am	6:00am	6:00am	6:00am			
TRX Lisa	SPIN & ABS Kerri	TRX Lisa	CYCLE PUMP XPRESS Sarah			
8:30am	8:30am	8:30am	8.30am	8:30am	8:00am	9:00am
SCULPT & TONE Chrissy	CORE-ELATION PILATES Laura	YOGA 75 mins Lisa	SPIN Sonia	CARDIO INTERVAL Shannon	CYCLE ZONE Sonia	INTERVAL RIDE Mandy
9:30am	9:30am	9:15am	9:30am	9:30am	9:00am	9:00am
REVOLUTION RIDE Chrissy	STEP 'n' SCULPT Shannon	CYCLE ZONE Sonia	TOTAL BODY SCULPT Sonia	RIDE & CLIMB Michelle .L. 9:30am RESTORATIVE YOGA Lisa	TOTAL BODY SCULPT Sonia	20/20/20 Marcella
10:30am	10:30am	10:15am		10:30am	10:15am	10:00am
YOGA 75 mins Erin	ZUMBA Ximena	A.B.T Sonia		ZUMBA Ximena	YOGA 75 mins Erin	MILITARY BOOTCAMP Jeff
	EVENING	CLASSES			JANUARY 2018	
5:30pm 30 mins BOOTCAMP Shannon		6:00pm 30 mins HIIT Marcella			<p>Welcome to 2018! Here 's to an exciting year ahead at Fitness Clubs, with new changes happening throughout the gym.</p> <p>Please check out our new schedule with new classes and changed class times.</p> <p>All classes are now 1 hour in duration, unless noted.</p> <p>If you have any comments or feedback, please talk to Sonia - your Group Fitness Coordinator. bodyperfection@live.ca</p>	
6:00pm ROCK 'n' RIDE Michael	6:00pm TOTAL BODY SHRED Juli	6:30pm SPIN Kerri	6:00pm INTERVAL STEP Shannon			
6:00pm KICKBOX STRONG Shannon	7:00pm SPINSANITY Juli 7:00pm ZUMBA Ximena		6:00pm SPIN Marcella	7:00pm MILITARY BOOTCAMP Jeff		
7:30pm YOGA Denyse	8:00pm 75 mins YOGA/MEDITATION Erin		7:00pm 75 mins 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!

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****

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)

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.

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

20/20/20: A Combination of 20 minute segments, Cardio Kickboxing, Sculpt and PiYo

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.

