



(905)727-1100

GROUP FITNESS SCHEDULE Effective JULY 1st 2018

(all classes & times are subject to change, please check board, website and facebook)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am TRX Lisa	6:00am SPIN & ABS Kerri	6:00am TRX Lisa	6:00am CYCLE PUMP XPRESS Sarah		8:00am CYCLE Sonia	
8:30am SCULPT Chrissy	8:30am MAT PILATES Laura	8:30am YOGA 75 mins Lisa	8:30am SPIN Sonia	8:30am CARDIO INTERVAL Shannon	9:00am PUMP Sonia	
9:30am RIDE Chrissy	9:30am STEP 'n' SCULPT Shannon	9:15am CYCLE Sonia	9:30am PUMP Sonia	9:30am RIDE RESTORATIVE YOGA Michelle .L Lisa	9:00am SPIN Cindy	
10:30am YOGA 75 mins Erin	10:30am ZUMBA Ximena	10:15am W.O.D Sonia		10:30am ZUMBA Ximena	10:00am YOGA 75 mins Erin	10:00am MILITARY BOOTCAMP Marcella
		EVENING	CLASSES			
5:30pm BOOT & KICK Shannon					<p>SUMMER 2018</p> <p><i>Finally it's summer! As people start to enjoy more time outside, we still have our schedule running to entice you in!</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. bodyperfection@live.ca</i></p>	
6:00pm ROCK 'n' RIDE Michael	6:00pm BODY SHRED Marcella	6:00pm HIIT Marcella	6:00pm BODY BLAST Shannon			
			6:00pm SPIN Marcella	6:00pm MILITARY BOOTCAMP Marcella		
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!

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.

BOOT & KICK: A 30 minute boot camp followed by a 30 minute kick boxing class, prepare to work hard whilst having fun.

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

