

WINTER  
'19

# GROUP FITNESS Schedule



DATE: Jan 7 - Mar 15

## MORNINGS

## AFTERNOONS

## EVENINGS

	MORNINGS	AFTERNOONS	EVENINGS
MON	9:15 - 10:15 am Sensible Strength - Jan  10:25 - 11:25 am Moderate Moves - Christine	11:35 am - 12:35 pm Start Fit - Christine	5:30 - 6:30 pm Shred It! - Dina
TUE	8:15 - 9:00 am Power Spin - Jean  9:15 - 10:15 am Yoga (Elm) - Kelly  10:25 - 11:25 am Step It Up - Donna	11:35 am - 12:35 pm Interval Fusion - Viv	5:30 - 6:15 pm Power Circuit - Jan  6:45 - 7:45 pm Yoga (Elm) - Keely
WED	8:00 - 9:00 am Yoga (Elm Rm.) - Keely  9:15 - 10:15 am Bodyshock - Nat  10:25 - 11:25 am Fit & Functional - Donna	11:35 am - 12:35 pm Strong & Mobile - Margot	5:30 - 6:15 pm Tabata - Dina
THU	9:15 - 10:15 am Power Spin - Nicole  9:15 - 10:15 am Yoga (Elm Rm.) - Keely  10:25 - 11:25 am Stretch Appeal - Donna	11:35 am - 12:35 pm Interval Fusion - Viv	5:30 - 6:15 pm Power Spin - Jean  5:30 - 6:30 pm Yoga (Elm Rm.) - Kelly
FRI	9:15 - 10:15 am Tone & Stretch - Jean  10:25 - 11:25 am Moderate Moves - Christine		



## Child Minding

Available for Infants to 5 years

Tue & Thu between 9 - 11:30 am

Fee: \$3/child; \$1.5 extra child/family

Note: Service not offered during  
Statutory Holidays or school breaks.



CLASS	INTENSITY	DESCRIPTION
<b>SENSIBLE STRENGTH</b>	<b>M</b>	Bringing together all your favourite workouts, this one-of-a-kind session comprises strength training, core and small bursts of cardio.
<b>BODYSHOCK</b>	<b>CH</b>	Experience the hard work and be surprised by how much fun you have doing it. We rotate cardio and strength movements to shock the body to reveal its true strength and beauty. Bring a towel!
<b>FIT &amp; FUNCTIONAL</b>	<b>M</b>	This workout includes low impact aerobics, balance practice, agility drills, targeted strength/core work and stretching to give participants full-body training. Attention will be given to providing safe moves for the mature body that will increase functional strength leaving you feeling energized and strong!
<b>INTERVAL FUSION</b>	<b>L</b>	Interval low impact cardio routines alternating with resistance muscle conditioning segments to guarantee participants a total body workout that includes a comprehensive stretch. Chairs optional throughout the class.
<b>MODERATE MOVES</b>	<b>M</b>	This class provides an overall workout. Although the cardio section is moderate, the optional power moves make it suitable for beginner to seasoned alike. Various equipment is used to strengthen and stretch the body.
<b>POWER SPIN</b>	<b>M/CH</b>	Get a full body workout with this 45-minute high energy spin class.
<b>POWER CIRCUIT</b>	<b>M/CH</b>	Get ready for a station-based class that pairs strong, weighted movements with serious cardio and core work. Class combines functional strength exercises with High-Intensity-Interval-Training (HIIT) cardio.
<b>SHRED IT!</b>	<b>M/CH</b>	This class is a high energy no-nonsense workout that will improve your overall fitness level with an emphasis on cardio bursts, drills and strength exercises.
<b>STEP IT UP</b>	<b>L/M</b>	Easy STEP drills for 30 min. and 30 min. of core exercises. We blend Pilates with other bodyweight exercises as we move from one body position to the next. Challenge your core, mobility, balance and strength from every possible angle.
<b>STRETCH APPEAL</b>	<b>L/M</b>	A stretch class that take you through core-challenging movements incorporating breath and balance to elongate and strengthen. No cardio and with gentle background music. You will leave relaxed and taller.
<b>STRONG &amp; MOBILE</b>	<b>L/M</b>	This is a basic entry-level class and perfect for people with osteoporosis, arthritis and muscle loss or recovering from injuries. This class combines strength work with mobility work and balance to improve posture and functional movement.
<b>START FIT</b>	<b>L</b>	Come and enjoy working out in and with a chair – building muscle strength, developing better balance, and improving range of motion.
<b>TABATA</b>	<b>M/CH</b>	Tabata training is a high-intensity interval training (HIIT) workout, featuring exercises you workout hard for 20 seconds then rest for 10 seconds and complete 8 rounds of each exercise.
<b>TONE &amp; STRETCH</b>	<b>L</b>	Suitable for any level of fitness, the classes are low-impact with a real focus on proper engagement of your abdominals to build core strength as well and toning your muscles through various exercises that will improve flexibility and strength.
<b>YOGA</b>	<b>L</b>	Build a strong personal relationship and your yoga practice. All levels welcome.