







Group Exercise Class Schedule



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B
			6:30-7:15 Well Built <i>Kordi</i>						
11:30-12:15 Power Cycle <i>Shona</i>	11:30-12:15 Step Pump <i>Kordi</i>	11:30-12:15 Hard Core Cycle <i>Angie</i>	 11:45-12:15 Well Built Express <i>Kirsten</i>	11:30-12:15 Power Cycle <i>Nicole</i>	11:30-12:15 Super Circuit <i>Darrel</i>		11:30-12:00 Core and More Express <i>Kirsten</i>		11:30-12:15 Well Built <i>Kordi</i>
	12:20-1:05 Crush it! <i>Sonya</i> *NEW*		12:20-1:05 Yoga <i>Julia</i> *Please bring a mat		12:20-1:05 Total Body Blitz <i>Nicole</i>		12:20-1:05 Barre <i>Trudy</i> *NEW*		12:20-1:05 Yoga <i>Trudy</i> *Please bring a mat

Starts January 7, 2019

This is a dynamic class schedule and will change with member needs.

Studio A – Cycle Studio

Studio B – Large Studio



Class Descriptions



CORE AND MORE- EXPRESS*

The goal of this class is to build a solid foundation to transfer energy from the centre of the body out to the limbs. Strengthening the Core reduces back pain, enhances athletic performance and strength, and improves posture.

* 30 minutes

Cycle- EXPRESS

A 30-minute cycle class designed to boost your heart rate while developing your legs. Perfect for a quick cardio fix when you're short on time.

POWER CYCLE

Put your head down and ride! Motivating music & a little voice in your ear telling you to go, go, go. 45 minutes of steady, high intensity cardio. If you like to cycle, this class is for you - bring your water bottle and a towel.

HARD 'CORE' CYCLE

The same great, motivating, high intensity, cardio workout you will find in the Power Cycling class with an added core component.

Barre

Sculpt and tone your legs and glutes, while improving your posture, using ballet inspired movements. This fun, low impact class is suitable for all fitness levels. No dance background required.

STEP PUMP

Put the fun back in fitness with this choreographed step class, combined with strength and endurance training for a full body workout. All levels welcome!

Crush It!

This high energy class includes components of strength and conditioning, high intensity intervals and functional training. No workout is ever the same, so get ready to **Crush It!**

SUPER CIRCUIT

This anaerobic strength and conditioning class utilizes explosive exercises, weights, and progressive cardiovascular overload. The goal is to train all muscles of the body, with an emphasis on the heart. This is an advanced class that requires mental fortitude and all around fitness.

TOTAL BODY BLITZ

Fire up your cardiovascular and muscular systems throughout the week. This class will utilize weights, steps, tubing and gliders interspersed with cardio bouts.

WELL BUILT & WELL BUILT EXPRESS

This strength focused class is designed to define all major muscle groups in your body. This class utilizes a variety of equipment including dumbbells, body bars, and tubing to improve muscular power, strength, and endurance. The self-paced format of this class will appeal to all levels from novice to advanced. **Express class is 30 minutes

YOGA

This mind body practice combines physical postures to build strength and increase flexibility, with breathing techniques to promote relaxation.

**Yoga mat required.