

# Group Fitness Schedule

Effective March 1, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30-7:15am Early Bird Bootcamp (Gym)		6:30-7:15am Early Bird Bootcamp (Gym)	7:00-8:00am Yoga (Cyclefit)	6:30-7:15am Early Bird Bootcamp (Gym)	
	8-8:50am Yoga (Group Fit)	8-8:50am Senior Fit (Gym)		8-8:50am Senior Fit (Gym)		8-8:50am CSI (Gym)
	9:30-10:20am Cardio Blast (Group Fit)	9:30-10:20am Tabata (Group Fit)	9:30-10:30am RIP (Gym)	9:30am- 10:20am Zumba (Group Fit)	9:30-10:30am Rip (Gym)	9:30-10:30am Cycle & Core (Cyclefit)
	10:45-11:35am Barre Fitness (Group Fit)	10:45-11:35am Yoga (Group Fit)	10:45-11:35am Pilates (Group Fit)	10:45-11:35am Gentle Stretch (Group Fit)	10:45-11:35am Step (Group Fit)	
		12:00-12:45pm CSI (Group Fit)	12:00-12:45pm Zumba (Group Fit)	12-12:45pm Barre Fitness (Group Fit)		
	<b>CLOSED FOR CLEANING Monday to Friday from 1-3 pm</b>					
	5:30-6:20pm Step & Sculpt (Group Fit)	5:30-6:30pm Rip (Gym)	5:30-6:30pm Sports Conditioning (Group Fit)	5:30- 6:20pm Zumba (Group Fit)	5:30-6:30pm Yoga (Group Fit)	
	6:30-7:30pm Yoga for Fitness (Cyclefit)	6:30-7:20pm Cyclefit (Cyclefit)				

**Sanitize all equipment before and after use. Personal belonging must go in a locker. Consider bringing your own mat.**

## Class Descriptions

**Barre Fitness-** A hybrid class combining elements of Ballet, Pilates, Yoga and muscular conditioning. Challenge your balance, flexibility, strength and muscular endurance using body- and light weights.

**Cardio Blast-** Produces a high caloric burn and full body toning through its carefully formulated choreography that alternates between cardio and toning tracks. See real results both physically and mentally, and leave this class wanting more because it is so much fun!

**CSI (Cardio Strength Intervals)/ Tabata-** Using HIIT (High intensity Interval Training) you will be pushed through cycles of low to high intensity exercises with intermittent rest periods. An effective, induced fat loss training method.

**Cyclefit-** A cycling aerobic workout done on a stationary bike. Your instructor will lead you through a series of hills, sprints and drills.

**Early Bird Bootcamp-** Variety, fun and intensity is the name of the game. If you want to be pushed hard, get strong and achieve new fitness goals, this is the class for you. This class is taught by a couple of different instructors who each bring their own flavour and personal best to make you sweat!

**Gentle Stretch-** Be kind to your body, it deserves it! Enjoy 50 minutes of quite gentle stretching while improving flexibility.

**Pilates-** An emphasis is placed on the abdominal and back muscles, focusing on postural realignment.

**Rip-** Grab a body bar or our plates and bars and get ready for an hour of fun and muscle conditioning fitness.

**Senior Fit-** A certified personal trainer will give you a full body workout using full range of motion and balance exercises providing lots of options and modifications for all levels.

**Step/ Step & Sculpt-** A traditional step class using the bench with all the options you will need for a great workout!

**Yoga-** Allow yourself to relax and decompress in a Yoga class. Each instructor is unique in their practice, so try them all out to find the class that resonates best with you.

**Yoga for Fitness-** Emphasis is on the physical postures and is designed for proper body alignment, strengthening, balance, flexibility and relaxation. Recommended for more intermediate/advanced levels.

**Zumba-** A Latin-inspired dance-fitness class that incorporates international and pop music, creating a dynamic, exciting and effective workout to leave you smiling all day long!