



It's a lifestyle!

GROUP FITNESS

CLASS DESCRIPTIONS

BODY BLASTHARD CORE— INTERMEDIATE-ADVANCED

(30 or 60 MINUTES)

Say goodbye to jelly belly! Designed to target your centre of power (muscle of the trunk and pelvis) and assist you in flattening your tummy and strengthening your back. Get the most out of your training time.

CARDIO

(60 MINUTES) APPROPRIATE FOR ALL FITNESS LEVELS

Floor choreography integrated with athletic and plyometric sprints intended to increase your working heart rate to bring you to your cardiovascular potential. A weight training segment or intervals format will provide you with a full body workout. This class will conclude with abs and stretch. Awesome!

NEW! BOOTCAMP

(60 MINUTES) APPROPRIATE FOR ALL FITNESS LEVELS

A military inspired program focusing on cardio, core and body weight exercises, and includes running, jumping, pushups, bench dips and plyometrics. The program is designed to accommodate different levels and burns fat while developing strength and fitness. An amazing workout that keeps your heart rate elevated in your training zone and brings you to the edge. *You don't have to be in shape to come out, you have to come out to get in shape!*

TOTAL BODY CONDITIONING (TBC)

(60 MINUTES) APPROPRIATE FOR ALL FITNESS LEVELS

Resistance training with all the toys. A fabulous cross training opportunity with the aid of the four foot 8, 12, 15 and 18 pound bars and/or weights, tubing, dyna-bands, stability balls and anything else we find in the toy box. Head to toe strength, stability and endurance training is the focus of this class, resulting in muscular definition required in building a healthy and efficient metabolic system.

NEW! TBC BALLISTIC

(60 MINUTES) APPROPRIATE FOR ALL FITNESS LEVELS

Like our Total Body Conditioning classes (TBC) this class offers resistance training but with the addition of all the toys. Using the Stability Ball and Bender Ball as a staple in each class, your body and mind will be challenged. You will be amazed at all the possibilities! No core muscle will be unscathed.



(60 MINUTES)

APPROPRIATE FOR ALL LEVELS

This class is of power. The new and improved 60 minutes barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. Simple athletic movements such as squats, lunges, presses and curls. Discover results, discover Group Power!



(60 MINUTES)

APPROPRIATE FOR ALL FITNESS LEVELS

Discover new heights with Group Step! Using the step in many positions and heights, this compelling 60 minute cardio program strengthens and shapes the lower body, one step at a time. Energetic music and motivational instructors create this spunky group experience. Step this way with Group Step.

HEALTHY LIFESTYLES (60 MINUTES)

APPROPRIATE FOR BEGINNER TO INTERMEDIATE FITNESS LEVELS

The format is intended for those who prefer a slower pace in movements and music. Monday's format alternates between Urban Tai Chi and Zumba Gold. These classes are suitable for all ages, and are designed to enhance both mental and physical fitness.

Urban Tai Chi is a low-impact cardio workout that is inspired by tai chi. The cardio routines are smoothly integrated with softer tai chi and more explosive chi kung motions. These flowing, large muscle-group movements open your body's energy paths and provide a unique sense of power and grace. The program is designed to work your body hard in a relaxed way. The class is made up of a warm up, cardio, muscle conditioning, cool down and ends with a relaxation session.

Zumba Gold: The lower impact, easy to follow, Latin-inspired dance fitness party that keeps you in the groove of life! The class is made up of a warm up, cardio and cool down.

Friday is a **Total Body Conditioning** format, using many studio toys intended for toning and conditioning, Challenging and uplifting.



(60 Minutes)

APPROPRIATE FOR ALL LEVELS

Ditch the workout and join the party. . . this class is the best described as a cardio Latin workout! It was created in Columbia and named ZUMBA which means to move fast and have fun. The emphasis of this class is just as much on the workout as it is fun. It includes a variety of music and dance styles such as meringue and salsa with a mix of hip hop, Spanish, belly dancing, reggae and more. Dance your way to a fitter you.

NEW! ZUMBA GOLD

APPROPRIATE FOR BEGINNERS & ACTIVE OLDER ADULTS

Zumba Gold programs are guaranteed to provide ALL participants with a safe and effective total body workout! Zumba Gold, like our regular Zumba classes, creates a party-like atmosphere that is incredibly fun, different, easy to follow and effective! Participants in this class enjoy rhythms such as: Merengue, Salsa, Cumbia, Belly Dance, Rumba, Tango, Cha Cha along with other fun and exciting rhythms and dances.

WOMEN'S CIRCUIT (60 MINUTES)

APPROPRIATE FOR ALL FITNESS LEVELS

Increase your strength and conditioning with a fabulous functional circuit. Learn how to push your body with fitness accessories (BOSUs, medicine balls, dumbbells, sliders and more) to get the toned and healthy body you want. Warm up—workout hard—stretch—all in one hour!

PILATES

APPROPRIATE FOR ALL FITNESS LEVELS

*Classes are monitored. The prerequisite to attending these classes is recent participation in the Pilates beginner clinic or Pilates essential group training class package (10 classes). See Pilates essential group for class times and fees. If you have attended pilates classes elsewhere and feel you would qualify please contact Gloria (ext. 276) to discuss. These procedures are necessary for your safety, to ensure a high quality class and to ensure you obtain the maximum benefits that pilates has to offer. Assessments are available where appropriate. Personal, semi-private and small group training are options to the essential group training sessions.

*PILATES BASIC & INTERMEDIATE (30 MINUTES)

Pilates strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind and creates a more streamlined shape without building bulk.

NEW! PILATES BOOTCAMP (60 MINUTES)

Pilates Bootcamp is a group inspired class that incorporates pilates principles and unique exercise with small equipment like stability balls, weights, bender balls, gliders tubes and bands to strengthen and tone muscles. It improves balance and flexibility and unites the body and mind creating a more stream lined body. Don't miss this opportunity to take your pilates practice to the next level.

YOGA/STRETCH

APPROPRIATE FOR ALL FITNESS LEVELS

YOGA (90 MINUTES)

This yoga class will put you in touch with your body and breath. Increase energy and reduce stress through gentle stretching, strengthening and balancing postures with breathing techniques and meditative techniques. This class will be taught in a non-heated room (temperature between 70-74 degrees).

THERAPEUTIC YOGA (90 MINUTES)

An excellent complement to any fitness routine, or can be used as a gentle way of approaching exercise after an illness or years of inactivity. The "inside out" approach to the exercise is an important component of relaxation therapy and beneficial to those wishing to take their yoga practice to a more individual and spiritual level.

SPORT STRETCH & ABS (60 MINUTES)

This class is geared towards those active members who participate regularly in sports or activities that cause shortening of the muscles. This is an essential part of any training schedule whether it's tennis, squash, marathon training or any other activity. Lengthening your muscles takes the stress off the supportive tissue and joints that may otherwise cause injury time off.

* PLEASE ARRIVE EARLY FOR SCHEDULED YOGA/PILATES CLASSES. NO ADMITTANCE FOLLOWING THE START OF CLASS

FOR HYGIENIC REASONS ALL YOGA PARTICIPANTS MUST PROVIDE THEIR OWN MATS FOR YOGA CLASSES.



It's a lifestyle!

HOT YOGA

CLASS DESCRIPTIONS

HOT YOGA

(60, 75 or 90 MINUTES)

APPROPRIATE FOR ALL FITNESS LEVELS

Hot Yoga is a series of yoga poses done in a heated room usually maintained at a temperature of 95-100 degrees. Regular exercisers recognize that peak performance occurs when fully warmed up and your body generates heat from the inside radiating out and into your muscles. The temperature of the yoga room is similar to our body's own temperature. This accelerates improvement in many of the benefits of your yoga practice. Your muscles and connective tissue become more elastic and allow for greater flexibility with less chance of injury and improved resolution of injury. Sweating promotes detoxification and elimination through the skin - which is the body's largest eliminating organ. Your cardiovascular system gets a thorough workout. Make sure to drink plenty of water before, during and after class so you don't get dehydrated. While practicing hot yoga avoid overstretching by being mindful of our body's individual range of motion capabilities.

HOT YOGA FLOW

(60-90 MINUTES)

This is a class that integrates breath and movement. Each instructor brings their own individual style based on personal practice and training, drawing from a vast variety of yoga postures to create a fun, challenging, and opening yoga experience. You will build strength, stamina and flexibility, often done to music for a rejuvenating and balancing effect.

Level 1/2

Builds the foundation for your yoga practice, by introducing a basic well-rounded class with an emphasis on breathing and healthy alignment in the poses.

Level 2/3

These classes will be at a more upbeat tempo will build stamina and strength as well as developing grace and flexibility and discovering some of the more advanced poses.

HOT BASIC

(60-90 minutes)

APPROPRIATE FOR ALL FITNESS LEVELS

The classic postures of yoga and breathing in an intelligent manner to create an approachable and challenging class. Expect to stretch and strengthen all the different areas of your body. You can expect to learn many of the basic postures and to safely practice and deepen your understanding of some of the more challenging Yoga poses.

GENTLE HOT YOGA

(60 MINUTES)

APPROPRIATE FOR BEGINNERS 60 minutes

Bring together your body, mind and spirit, Yoga asanas (postures) are combined with mindful movement using yoga breathing techniques. You can use this class as an orientation to the ORC Hot Yoga classes or enjoy an opportunity to experience a gentle yoga class. Postures will be taught while addressing proper alignment, breathing and modifications. Like thousands before you, you will find that practicing yoga in the warm room creates a satisfying feeling of achievement. Enjoy the sweat! It is doing you so much good on many different levels!

HOT CORE YOGA

(60 MINUTES)

Good things flow from a strong core. This class offers a combination of strength and flexibility through integrating and quieting the mind. This class focuses on breathing and balance in a traditional yoga style, while concentrating on strength and power from the centre of the body. A strong core means more than flat abs. Flexibility, endurance, and a toned body. You will stand taller, look leaner, and feel healthier and more energetic. Learn a creative way to strengthen your core. With this innovative program, you'll get a lean midsection, a strong back, and sculpted shoulders and arms—a nice cross training alternative to crunches and weight-lifting.

HOT POWER YOGA

(60 MINUTES)

APPROPRIATE FOR INTERMEDIATE TO AVANCED LEVELS

A dynamic linking of rhythmic breathing and flowing yoga poses known as vinyasa. When practiced properly immense heat is created deep within our core that acts to purify the body. The focused breathing technique of "ujjayi" calms the mind and soothes the nervous system leaving one with a deep meditative calm. The heat means we can get into postures more deeply and effectively - plus the benefits of the postures come quickly. Bring your yoga practice to the next level.

The Heat Has Many Benefits...

1. Your body burns fat more effectively, fat may be redistributed and burned as energy during the class. It is common to lose centimeters of shape in a very short time
2. The heat produces a fluid-like stretch allowing for greater range of movement in joints, muscles, ligaments and other supporting structures of the body
3. Capillaries dilate in the heat; more effectively oxygenating the tissues, muscles, glands and organs and helping in the removal of waste products
4. Your peripheral circulation improves due to enhanced perfusion of your extremities
5. Your metabolism speeds up the breakdown of glucose and fatty acids
6. You benefit from a strengthening of willpower, self control, concentration and determination in this challenging environment
7. Your cardiovascular system gets a thorough workout
8. Your muscles and connective tissue become more elastic and allow for greater flexibility with less chance of injury and improved resolution of injury
9. Sweating promotes detoxification and elimination through the skin - which is the body's largest eliminating organ
10. Just as when your body raises its temperature to fight infection, the raised temperature in the room will assist in improving T-cell function and the proper functioning of your immune system
11. Your nervous system function is greatly improved and messages are carried more efficiently to and from your brain
12. Metabolism improves in your digestive system and in the body's cells (that is food in the gut and nutrients in the cells)