

GROUP FITNESS

CLASS DESCRIPTIONS

NEW! BODY BLAST HARD CORE (30 or 60 MINS)

APPROPRIATE FOR INTERMEDIATE TO ADVANCED

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

NEW! BODY BLAST CARDIO & HARD CORE

(60 MIN) APPROPRIATE FOR ALL FITNESS LEVELS

This class is an equal combination of cardio & core work (30-minutes each). Come see what you are made of in this fast-paced and highly-athletic class.

NEW! BODY BLAST 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!

BODY BLAST CARDIO CIRCUIT

(60 MINUTES) APPROPRIATE FOR ALL FITNESS LEVELS

A military inspired program focusing on cardio, core and body weight exercises. Includes running, jumping, push-ups, bench dips and plyometrics. This class accommodates 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, dynabands, 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.

BALLISTIC (60 MINUTES)

APPROPRIATE FOR ALL FITNESS LEVELS

This class offers Cardio, resistance training and flexibility but with the addition of the Stability Ball and Bender Ball as a staple in each class. Your body and mind will be challenged, to maximize your results. You will be amazed at all the possibilities! No core muscle will be unscathed.



(60 MINUTES)

APPROPRIATE FOR ALL LEVELS

This class is your hour of power. This is a 60 minutes barbell program

which 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 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. 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.



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, Cuba, Belly Dance, Rumba, Tango, Cha Cha along with other fun and exciting rhythms and dances.

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! Classes are held in the squash court or new Karate Studio.

***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 ALL LEVELS & INTERMEDIATE**

(60 MINUTES) APPROPRIATE FOR ALL FITNESS LEVELS

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

YOGA (75-90 MINUTES)

APPROPRIATE FOR ALL FITNESS LEVELS

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)

BEGINNER TO INTERMEDIATE

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)

APPROPRIATE FOR ALL FITNESS LEVELS

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.

* 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.