

LARGE GROUP TRAINING

ALL LARGE GROUP WORKOUTS CONSISTS OF 10-14 MEMBERS
WITH THE EXCEPTION OF POWERFIT & TREKKING

TIMES	MON	TUE	WED	THU	FRI	SAT
5:30AM - 6:00AM	TRX TRAINING (CHEST & SHOULDERS)		TRX TRAINING (LEGS & CORE)		TRX TRAINING (BACK & ARMS)	
6AM - 6:30AM	TRX TRAINING (CHEST & SHOULDERS)		TRX TRAINING (LEGS & CORE)		TRX TRAINING (BACK & ARMS)	
7AM - 7:50AM		GROUP TRAINING (SHAWN)				
8AM - 8:50AM						POWERFIT (JEN/COLETTE) 8AM-8:50AM
9AM - 9:50AM	POWERFIT (JEN)	GROUP TRAINING (SHAWN)	TREKKING (JEN)	TRX TRAINING (ZACH)	GROUP TRAINING (ROSS)	GROUP TRAINING (LISA/JEN)
10AM - 10:50AM			GROUP TRAINING (JEN)	POWERFIT (JEN) 10AM-11:30AM		
5:30PM - 6:20PM		GROUP TRAINING (VANESSA)	TRX TRAINING (LISA G.)			
6:30PM - 7:20PM	K-BELL TRAINING (ANNE MARIE)	POWERFIT (JEN)		GROUP TRAINING (JEN)		

DESCRIPTIONS

POWERFIT (CARDIO KICKBOXING)

This non-stop challenge of a workout focuses on skills and combinations that professional boxers and kickboxers strive to perfect as well as the drills they use to improve overall physical endurance.

TREKKING

Are you bored on the treadmill? Always looking at the clock? Come try this new "treadmill class." You will be surprised just how much you can do on a treadmill, and never have to worry about looking at the clock again...come out for a sweatin' good time!

TRX TRAINING

A total body workout engaging your core, improving your flexibility, and building lean muscle.

K-BELL TRAINING

Burn calories and strengthen your body in ways that mimic everyday activities.

LARGE GROUP TRAINING

Large group classes will challenge you in a fun atmosphere with the latest and most innovative programs in the fitness industry.

PARTICIPANTS MUST SIGN UP 1 HOUR PRIOR TO SESSION TIMES, AS SPACE IS LIMITED.
WITH THE EXCEPTION OF POWERFIT & TREKKING.



DISCOTHEQUE SCHEDULE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6AM - 6:50AM				6 PACK ATTACK (CLAUDIA)			
9AM - 9:50AM		RETRO ACTIVE (JEN)		CARDIO KNOCKOUT (SHELLEY)		BEYOND ZUMBA 9:00AM - 10:15AM	
10AM - 10:50AM					6 PACK ATTACK (JEN)		
5:30PM - 6:30PM	RETRO ACTIVE (SHELLEY)						
6:30PM - 7:20PM			MUSCLE UP (LISA G)	ZUMBA FITNESS (MARY)			

BODY AND MIND SCHEDULE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
	ALIGN & FLOW (HEIKE) 8:00AM-8:50AM	HATHA FREE FLOW (KIM) 6:00AM-7:00AM					
9AM - 10AM					ALIGN & FLOW (HEIKE)		SUNRISE SLOW FLOW (KIM) 9:00AM-10:00AM
10AM - 11AM		FLOW (HEIKE) 10:00AM-11:00AM MEDITATION (HEIKE) 11:00AM-11:30AM		FLOW (HEIKE)		VINYASA FLOW (RENEE/TRISH)	
	POWER YOGA (HEIKE) 6:00PM-7:30PM	PILATES (SUSANNE) 6:00PM-6:50PM		PILATES (SUSANNE) 6:00PM-6:50PM			
		POWER YOGA (KIM) 7:00PM-8:00PM	ASHTANGA/ISH (JANET) 6:30PM-7:30PM				

ENDURANCE CYCLING SCHEDULE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:10AM - 6:00AM		IRON RIDE (CHRISTINE)		POWERED UP (CHRISTINE)			
6AM - 6:50AM	IRON RIDE (COLETTE)		IRON RIDE (RICK/CLAUDIA)		RIDE & STRIDE (CHRISTINE)		
8:15AM - 8:45AM							KRANK (COLETTE/ANNE MARIE)
9AM - 9:50AM		POWERED UP (MARY)		RIDE & STRIDE (MARY)	FUSION (CHRIS)	IRON RIDE (RICK/ANNE MARIE)	POWERED UP (COLETTE/ANNE MARIE)
10AM - 10:50AM	RIDE & LIFT (MARY)					ENDURANCE ENERGY ZONE (DEMI)	
5:30PM - 6:20PM	PEDAL TO METAL (CHRIS)		STRATEGIES OF STRENGTH (COLETTE)		IRON RIDE (COLETTE)		
6:30PM - 7:20PM	IRON RIDE (KIM)	CYCLE LOGICAL (ANN MARIE)		MOVING MOUNTAINS (KIM/DEMI)			

6 PACK ATTACK

The CORE is the powerhouse of the body and we will ATTACK it from every angle in every way!

ALIGN & FLOW

A beautiful yoga class that integrates the principles of alignment, a meditation in motion. This class will increase your energy, calm your mind, strengthen your body and will leave you feeling stronger, longer, and open to take on whatever lies ahead of you in your day! Each student's abilities as well as challenges will be honoured, with variations offered to support the different ability levels. This is suited for all levels.

ASHTANGA/ISH

Ashtanga Yoga postures are a series of yoga postures that are always done in the same order and performed with particular breathing patterns. This will purify the body by increasing circulation and body heat, leading to an increase in sweating. This will increase flexibility and muscle strength. For all levels.

BEYOND ZUMBA

Designed to challenge the body and the brain, this 75 minute class features Zumba Dance, Zumba Toning, Drumming and Core components. An energizing start to your weekend. Burn calories while having fun!

CARDIO KNOCKOUT

Come in and try this high energy cardio based workout which you will punch and kick your way to success! This is a mix of high impact aerobics along with some boxing and kickboxing moves!

CYCLE- LOGICAL

This class is for everyone from the beginner to the highly experienced exerciser. The emphasis is on providing a real fun and effective workout for all fitness levels. Basic to intermediate techniques are incorporated along with a focus on proper form. This class may offer more challenging options for experienced participants.

ENDURANCE ENERGY ZONE

A new spinning class suitable for new and experienced riders that wish to increase their endurance threshold using standard outdoor cycling postures. Enjoying a comfortable pace for extended periods, you can expect to metabolize fat at a higher rate. Riders choosing to use a heart rate monitor will fully appreciate the benefits of this class.

FREE FLOW

Discover the mind-body connection and explore how to live in balance and harmony freely.

FUSION

A brand new workout for your entire body! We have "Fuzed" together the best of Kranking and Spinning all in one class! Pushing yourself to the limit with leg cycling, then hopping onto the Krank cycles for an upper body/core workout, while keeping your heart rate up! You will be using both cycles in rotations. This new class is the only one like it around! Come and give it a try!

FLOW

An uplifting, dynamic yoga class to build/maintain strength, flexibility and endurance, while focusing on stress-releasing breath awareness. This class will explore variations of sun salutations, standing and seated poses along with body balancing. The level of yoga will depend on the teacher and the needs of the students. Classes can be made easier or more challenging by following the teachers' cues for variations and modifications of the poses. This is suited for all levels.

HATHA YOGA FLOW

An alignment based Hatha Yoga Class, which incorporates holding of the poses to build strength and depth with short intervals of yin yoga flow to bring back flexibility of your spine.

IRON RIDE

This workout was inspired by the world's most grueling single-day endurance event, the IRONMAN triathlon. Prepare to ride for the entire session at your lactate threshold as we use intense visualization to ride on a variety of challenging terrain, through environmental challenges and accumulated fatigue. This is a great way to push your limits!

KRANK

We are proud to be the first club in Canada to have these exciting new cycles! Located in the Endurance Cycling room, the focus for this workout is to get the heart pumping, work your core, and give your upper body a fantastic workout! Come and give it a try, you will love it!!!

MUSCLE UP

Come tone up the body! We work the body from head to toe using body bars, weights, ball, cords and many more items to work those muscles, tone and tighten the body! A class designed for everyone!

MOVING MOUNTAINS

This class involves steady and constant pedalling with the bike adjusted at a heavy or high resistance. Moving Mountains will help build cardiovascular strength and stamina. Some come feel the burn and move mountains with us!

PEDAL TO THE METAL

This class is designed to give you the challenge you are looking for! It will push you to new limits with challenging climbs, sprints, and intervals. Watch your lower body strengthen while the calories are burning!

PILATES

Pilates (puh LAH teez) mat work classes combine stretching and strengthening moves that build core strength, improve posture and increase flexibility. Exercises focus on coordinating the breath while engaging the abs, lower back, hips and glutes when executing the moves.

POWERED UP!

Are you ready to get Powered Up? The amount of work completed in a given amount of time by a cyclist is known as power. Through speed, intensity, and resistance this workout is sure to deliver.

POWER FLOW

Your traditional yoga class, with a weekend fun flair! You will leave feeling ready for whatever your weekend is to bring!

POWER RIDE

The cyclist will be introduced to the power meter in order to monitor the intensity level of the work out as well as work on increasing maximum power and improve lactate threshold of the cyclist. Using the power meter, this provides the cyclist an objective measurement of real output that allows training progress to be tracked very simply.

POWER YOGA

Power yoga is an invigorating practice which uses the breath to unite mind and body. This fluid sequence will challenge you as you build strength, endurance, flexibility and stoke your internal fire. The teacher will lead you through a series of asanas (postures) which will cleanse and detoxify the body through respiration and perspiration leaving you feeling calmer and more relaxed. This class is appropriate for those with some yoga experience.

RETROACTIVE

A great mix of CARDIO / RESISTANCE and CORE all in one power packed, high energy class! Begin with 20 minutes of cardio, followed with 20 minutes of resistance training, finishing with strengthening the core. Tight on time and need to do it all, come and give it a try!

RIDE & LIFT

This full body express workout will challenge you on and off the bike. Hi energy cycling routines mixed with a variety of weight bearing exercises. Burn calories/ sculpt your body in this 45 minute workout. Perfect for the seasoned spinner or the beginner.

RIDE & STRIDE

Come and experience an energetic class like no other. Taught on the award winning Keiser M3 Indoor Cycles. Increase your power and output, rev up your body in both a seated and upright position in this workout!

SLOW FLOW

A sequence of poses are put together mindfully in order to create fluid movement and strength. A practice that moves towards strength, flexibility and balance while paying attention to alignment and the breath.

STRATEGIES OF STRENGTH

Let's get real and experience true hill climbing strategies of gearing resistance, pedaling, breathing and form. Bringing the hills to life will transform your way of climbing and bring freshness back to your strength ride!

SUNRISE SLOW FLOW

A fluid sequence of postures to energize your mind and body for the day ahead. A physical expression of gratitude. The practice will begin with a series of sun salutations to warm the body, moving into a variety of asanas to balance and rejuvenate the body and mind. This practice is appropriate for all levels.

VINYASA FLOW

The sequence of free flowing postures in this yoga practice links breath and movement to create heat. The union of breath and movement in this flow helps to develop equanimity, strength, flexibility and much more.

ZUMBA FITNESS

Exciting dance and toning routines and an occasional BANG on the drum. Latin & International music coupled with easy to follow dance & fitness moves. It's an exercise experience like no other. Lose yourself in the rhythm's.