







Fitness Class Schedule

Spring 2018: March & April

Monday	Tuesday	Wednesday	Thursday	Friday	Important Dates: February 20 th : Registration for March & April classes begins at 9am. April 23 rd : Registration for May & June classes begins March 30 ^h : No classes (Good Friday) Classes start March 5 and run until April 27 Drop In Coupons See the back of the schedule for drop-in class details. Coupon books are available to purchase at the Fitness Desk (6 coupons= \$50).  Yoga participants are encouraged to purchase and bring their own yoga mat. No mats will be provided.
		7:00-7:45 H.I.T. Braden			
		11:00-12:00 Yoga: Vinyasa Sarah 			
	11:35-12:20 Bootcamp Natalie	12:10-12:40 Core Blast  Jacqui	11:40-12:25 Bootcamp Cathy	11:35-12:20 Cycling Jacqui	
12:30-1:30 Yoga: Yang/Yin Kate 	12:30-1:15 Pilates Jacqui	12:45-1:30 Body Sculpt Jacqui	12:30-1:30 Ballet Barre Works Jessica 	12:30-1:00 Tabata Blast  Jacqui	

Lunch & Learn Nutrition in Athletic Performance

March 27th, 12-1pm
Livingston Place Conference Centre
With Ignite Nutrition Inc.
Lunch will be provided!



BALLET BARRE WORKS: This class emphasizes the foundations of Barre fitness, a total body conditioning technique that has been intertwined to create an intense workout, through balance, strength and core. Guaranteed to transform and sculpt your entire body. Min 8 Max 15. **Drop in = 2 coupons**

BODY SCULPT: Looking to tone up your body? This muscular endurance class works the entire body with the use of various equipment (ie. weights, Fitballs, tubing, steps, body bars and more). If you like to feel the burn, this class is for you. All fitness levels welcome. Min 8 Max 15. **Drop in = 1 coupon**

BOOTCAMP: Total body workout, where cardio, strength and core are all built through calisthenics, resistance training and interval work. Classes run rain or shine: indoor or outdoor. Min 8 Max 15. **Drop in = 1 coupon**

H.I.T.: Join us through “High Intensity Training”. Cardio, core & strength demands metabolic, muscular and cardiovascular improvements. Even though this is an advanced class, there is still a focus on technique, making it an appropriate class for all but the beginner. Min 8 Max 15. **Drop in = 1 coupon**

CYCLING: Put your head down and ride! Motivating music & little voice in your ear telling you to go, go, go. 45 minutes of steady high intensity cardio. If you like to cycle this one’s for you! All fitness level welcome. Min 7 Max 10. **Drop in = 1 coupon**

PILATES: A workout which improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. Min 8 Max 15. **Drop in = 1 coupon**

YOGA: is a combination of many things, a veritable yin and yang. Strength and flexibility training is accomplished through many different asanas (or poses). Mind and spirit are calmed through pranayama (or breathing and meditation practices). Afterwards the body and soul are re-invigorated for the challenges of work, play and life in general. Min 8 Max 18 **Drop in = 2 coupons**

YANG/YIN: Yang is active, strengthening poses to energize the body. Than yin focuses on opening up the shoulders, back, and hips by targeting connective tissues and ligaments through long, gentle holds. It’s great for restoring the body, and recreating length and stretch for the body. Suitable for all levels.

VINYASA FLOW: A yoga practice that links postures in a way that promotes a flow of energy. A group of postures may be linked together building on top of each other to create a deeper, fuller experience. This practice is energizing and creative so that no 2 practices are alike although the same fundamental poses will be present.

BLAST WORKOUTS: These classes are all 30 minutes in length with each one focusing on a different workout. Open to all. Min 8 Max 15. **Drop in = 1 coupon**

TABATA BLAST: A full-body workout in the form of Tabata training, meaning short bursts of high intensity followed by a short rest period for multiple rounds. This workout will burn calories!

CORE BLAST: 30 minutes of direct and in-direct core workouts to create a stable body and strong core.

★★ *All classes are self-paced, which means that you determine the intensity that is best for you. It’s easy; just listen to your body; exercise according to your fitness level.* ★

Drop In Class Coupons

Participation in a drop in class is not guaranteed. Registered participants always have priority into class. If space is available, a certain number of participants may be able to join the class. Participation in class requires a coupon, yoga, barre, kickboxing & zumba drop in requires 2 coupons. Coupon books are available to purchase at the Fitness Desk (6 coupons= \$50). All classes still require a minimum number of **REGISTERED** participants to run.

Coupons are non-refundable and non-replaceable.