

November '09 CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-7:15am Studio or Main Floor	Power Cycling <i>Bonni</i>	Body Sculpting <i>TBA</i>	Power Cycling <i>Lisa</i>	Body Sculpting <i>Sherry</i>		
11:30-12:15pm Studio	Cardio Pump <i>Michele</i>	Athletic Cardio <i>Sarah</i>	Upper Body Blitz <i>Michele</i>	Resist & Release <i>Bonnie</i>	Step n' Core <i>Margaret</i>	10-11am Cardio Saturdays Starts Nov 7 Michele
11:30-12:15pm Main Floor	Power Cycling <i>Lisa</i>	Boot Camp <i>Darrel</i>	Power Cycling <i>Bonni</i>	Boot Camp <i>Darrel</i>	Cycle & Core <i>Bonni</i>	
12:00-12:50pm Outside		Running Group <i>Kory</i>		Running Group <i>Kory</i>		
12:20-1:05pm Studio	Fusion <i>Michele</i>	Butts & Guts <i>Sheena</i>	Fusion <i>Michele</i>	Mixed Level Pilates Starts Nov 5 <i>Joyce</i>	Vinyasa Flow Starts Nov 6 <i>Lindsay</i>	
12:20-1:05pm Main Floor	Cardio Kickbox <i>Erik</i>	Power Cycling <i>Lana/Jenneane</i>	Cardio Kickbox <i>Scott</i>	Cycle & Core <i>Lana</i>	Cardio Kickbox <i>Scott</i>	
1:30-2:30pm Studio				Salsa Starts Nov 5 <i>Bonnie</i>		
4:30-5:30pm Studio		20/20/20 <i>Michele</i>	Hatha Yoga Starts Nov 4 <i>Lindsay</i>			
4:30-5:30pm Main Floor			H.I.T. <i>Kevin</i>			
5:15-6:15pm Main Floor or Studio	Cycle & Core (Main Floor) <i>Lori</i>					

SCHEDULE DESIGN

The class schedule is designed to offer you a variety of classes each day. Select different classes throughout the week to prevent overuse injuries, maintain a healthy posture and have fun. We recommend supplementing classes that are mainly aerobic with additional stretching and strengthening exercises. All classes are self-paced, which means you determine the exercise intensity that is best for you. Leaders will provide options to decrease and increase your intensity. We encourage you to exercise according to your fitness level. The Fitness Centre staff and Leaders care about your health and safety.

CLASS CANCELLATION

Unfortunately, when there are consistently less than 5 people attending a class, it will be cancelled. We will provide you with a minimum of one week's notice.

Class Descriptions:

ATHLETIC CARDIO: Get ready to sweat and burn major calories in this interval based cardio class. Using the step, traditional hi/lo and athletic drills, you will rev up your heart rate and have a great time.

BODY SCULPTING: Looking to tone up your body? 45 minutes weight training in the studio. Lift, lift, and lift until it burns! All fitness levels welcome.

BUTTS & GUTS: Targetting two most wanted areas in the body. You will work muscular strength and endurance in your abdominal and gluteus regions. You will work until you cannot do any more reps!

CARDIO KICKBOXING: Learn the proper technique for throwing powerful punches and crushing kicks. This class is a great way to get into shape- muscular endurance, cardio and lots of fun.

CARDIO PUMP: This class design strives for muscular strength and endurance while maintaining a continual cardiovascular workout. We use steps, bars, dumbbells, and tubing as well as a variety of training techniques.

STEP N' CORE: This class is packed with Step choreography and interval drills. It's designed to improve your cardiovascular fitness and challenge your body with a variety of moves. An extra core component at the end rounds out the class! All fitness and experience levels welcome.

FUSION: A beautiful blend of 3 disciplines: Tai chi, Yoga and Pilates. Focus on strength, flexibility, balance and breath. Experience physical challenges, while finding inner-strength and focus.

POWER CYCLING: Put your head down and ride! Motivating music & little voice in your ear telling you to go, go, go. 45-60 minutes of steady high intensity cardio. If you like to cycle this ones for you – bring your water bottles and towel! All fitness level welcome!

BOOT CAMP (Advanced Level) gives you an anaerobic plus muscle-strengthening workout. Through the use of basic athletic movements, you will definitely feel like you got worked! Don't be shy; you can work at your own pace.

UPPERBODY BLITZ: Tone and strengthen your upper body without gaining the muscle bulk. This class will help increase your upper body strength and help provide the "Hollywood" sculpted look.

H.I.T.: High Intensity Training is a total body workout involving basic strength exercises at a high intensity, often surpassing 600 repetitions per class!

RESIST & RELEASE: A functional workout designed to target large muscle groups, burn calories and keep your heart rate up with cardio intervals. An extended stretch too!

20/20/20: This one hour class combines cardio, muscle conditioning and our fusion blend of yoga, tai chi and pilates. A great all-around workout!!