

# SUMMER

## Fitness Schedule 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:45am	R30 30min	R30 30min		R30 30min			
08:15am						GROUP RIDE 60min	
08:30am		ON THE BALL 45min <sup>SS</sup>				yoga with natasha 90min <sup>S</sup>	
09:00am				ATHLETIC CORE 30min <sup>SS</sup>			GROUP CORE 30min <sup>SS</sup>
09:30am	GROUP RIDE 60min	GROUP POWER 60min <sup>SS</sup>	ZUMBA fitness 60min <sup>SS</sup>	CARDIO TENNIS 60min <sup>SS</sup>	fitness KICKBOXING 60min <sup>SS</sup>	GROUP POWER 60min <sup>SS</sup>	GROUP fight 60min <sup>SS</sup>
10:00am				R30 30min			
10:30am		GROUP CENTERGY 60min <sup>SS</sup>	GROUP ACTIVE 60min <sup>SS</sup>	GROUP CENTERGY 60min <sup>SS</sup>	HOPBO yoga 90min <sup>SS</sup>	GROUP RIDE 60min	GROUP CENTERGY 60min <sup>SS</sup>
11:30am	lunch yoga 60min <sup>S</sup>					HRC FITNESS FLASH	
05:30pm	GROUP POWER 60min <sup>S</sup>	GROUP ACTIVE 60min <sup>SS</sup>	GROUP CORE 30min <sup>SS</sup>	GROUP ACTIVE 60min <sup>SS</sup>	R30 30min	<b>REMINDER we are closed:</b> August 6th - Civic Holiday September 3rd - Labour Day	
06:00pm			R30 30min		GROUP CORE 30min <sup>SS</sup>		
06:30pm	GROUP CENTERGY 60min <sup>S</sup>	R30 30min	TRX 45min <sup>SS</sup>	GROUP POWER 60min <sup>SS</sup>			
07:30pm	ZUMBA fitness 60min <sup>S</sup>	yoga with natasha 90min <sup>S</sup>					

\*Schedule subject to change without notice.

WRIST BAND REQUIRED FROM FRONT DESK

**SR** = SUNRISE STUDIO

**SS** = SUNSET STUDIO

**TS** = TRAIN STATION

	<p>GET ACTIVE and get more out of life! Group Active® gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. ACTIVATE YOUR LIFE with Group Active®!</p>		<p>Get your gloves on &amp; punch &amp; kick your way fit! This workout uses authentic boxing &amp; kickboxing techniques &amp; will take your fitness to the next level! You will learn how to punch &amp; kick like the pro's in a SAFE &amp; action packed workout! You'll never watch the clock in this class, you'll be having too much FUN!! Come punch &amp; kick the calories away!!</p>
	<p>Redefine yourself with Group Centergy®. Grow longer and stronger as you explore this 60 minute journey of Yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover Group Centergy®!</p> <p><b>50+:</b> Everyone is welcome to this class but the coaching approach will focus on the needs of those over 50 years of age.</p>		<p>TRX® Suspension Trainer™ exercises allows for the use of multiple planes of motion and works multiple muscles and joints simultaneously. Traditional weight training often only works one muscle at a time and the TRX forces you to use normal coordinated muscle effort, used to complete most everyday activities. Plus the TRX is fun and different and we promise you won't be bored.</p>
	<p>Let's get Hard Core! Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before. Reach Your Peak with Group Core®!</p>		<p>Get on the ball! A non-conventional method of strengthening your muscles, this class utilizes stability balls and Pilates' techniques to create a total body strength training session. Work your core while having a ball and getting strong - it may be more challenging and fun than you anticipate!</p> <p><b>50+:</b> Everyone is welcome to this class but the coaching approach will focus on the needs of those over 50 years of age.</p>
	<p>Group Fight® brings it on! This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! Group Fight® will knock you out!</p>		<p>Imagine pressing the PAUSE button at work and recharging, opening, releasing and tapping into the essence of who you are. This class offers a reprieve to check in with what really matters – your Self. Your boss will love the bi-product of just who returns to the workplace following this class! Promotion, anyone?</p>
	<p>Group Power® is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses, and curls, Group Power® is for all ages and fitness levels. Discover results, discover Group Power®!</p>		<p>Hatha Yoga uses a combination of breathing, postures (asanas) and stretching to strengthen both the mind and the body. This practice helps increase flexibility, mobility and stamina. By encouraging proper alignment Hatha Yoga brings balance, mindfulness and a sense of calm.</p>
	<p>Get fitter in only 30 minutes! It's as easy as riding a bike and in R30, riding a bike has never been better! Burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush! Inspiring music and motivating coaches will ensure that Everyone Finishes First!</p>		<p>Yoga With Natasha is appropriate for people with little to no yoga experience. We will practice basic yoga postures, breathing and relaxation. This class brings balance, strength, and a sense of well-being to the participant, and allows you to develop awareness of basic yogic postures, breathing and meditation techniques. Postures stretch, align and help detoxify the body promoting balance, flexibility and concentration.</p>
	<p>Everyone finishes first in Group Ride®! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On!</p>		<p>This is truly a transformational class for people who are done feeling tired, disgruntled, limited, and that parts of their body have forsaken them. Ideal for anyone that wants to get better, stronger, faster, happier and more youthful in their bodies. Be prepared for vibrant, actual bona fide shifts and epiphanies in every single class. This may be the very class you have been waiting for, and didn't even realize it.</p>
	<p>The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!</p>		<p>Cardio Tennis® is a new, fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a tennis professional, Cardio Tennis® includes a warm-up, cardio workout, and cool down phase. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis®.</p>
	<p>A 30 minute class designed to burn calories and increase Core strength while getting a great whole body workout! Come to class prepared to sweat!</p>		