

DOWNTOWN - GROUP FITNESS - WINTER 2017

January 3rd, 2017 - March 31st, 2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM	PUMP Olivia - 45min	TABATA Rebecca - 45min	The Works 6:00AM - Kate - 60min	Bosu Boot Camp 6:00AM - *NEW* Alipasha - 60min	PUMP 6:00AM - Alipasha - 60min		
9:00AM						Pump + Jump Kiera - 55min	
10:00AM						Powerwave *NEW* Kiera - 60min	Bosu Boot Camp Pixie Ann - 60min
12:10PM	The Works Dolores - 50min	PUMP Julie - 50min	TABATA Cindy - 50min	Hells Bells Dolores - 50min	PUMP Olivia - 50min		
1:10PM	3D Core 1:15PM - Dolores - 30min	Hells Bells Dolores - 50min	3D Core 1:15PM - Cindy - 30min	TABATA Cindy - 50min	Surf + Sand Derek - 50min		
4:30PM	Powerwave Saige - 55min	PUMP Cindy - 55min	Zumba!® Andrea - 55min	Bosu Boot Camp Cindy - 55min	Hip Hop Tori - 55min		
5:30PM	PUMP Tim - 45min	The Works Dolores - 60min	Cardio Chaos Tim - 45min	Powerwave Shai - 55min	PUMP Rob - 55min		
6:30PM	BollyX Ashley - 60min	3D Glutes *NEW* Matt - 30min	PUMP Tim - 45min	Sticks + Stones Shai - 60min	Zumba® Toning *NEW* Thais - 60min		
7:00PM		3D Core *NEW* Matt - 30min					

*Please note schedule may be subject to change without notice.

DOWNTOWN CLASS DESCRIPTIONS

Included Classes

Bosu Boot Camp

This unique class offers a mix of cardio, strength training and balance work on the super effective Bosu Balance Trainer.

PUMP

Our answer to building strong muscles from head to toe for increased metabolism and improved performance for any activity. Use a variety of resistance tools such as long bars, dumbbells, stability balls and your own body weight for a challenging yet adaptable class. Here's to getting and staying strong!

Zumba!®

Zumba! fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a kind fitness class that will blow you away. Zumba fanatics achieve long-term benefits while experiencing an absolute blast in one hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Specialty Class, accessible to Level 2/3 members only.

The Works

A one-hour class using all styles of cardio and resistance training in an interval fashion. A combination style class for everyone, beginner to advanced. Expect Cardio of all sorts, including step, hi-low, and drills. Guaranteed to be boredom-proof!

Cardio Chaos

Need we say more? Get your groove on in this fast paced class designed to improve and challenge your stamina, while being gentle on your joints. An eclectic mix of high and low impact moves, agility and boxing drills.

Pump + Jump

A dynamic cardio/strength class using a mixture of cardio styles and resistance equipment for a total body workout.

Hells Bells

Three types of strength training for one incredible workout! Sandbells, Kettlebells and Dumbbells are used in rotation with a few bouts of cardio tossed into the mix, taking you to your personal maximum intensity level!

Sticks + Stones

The more equipment the merrier! Sticks + Stones combines the unique tools of the TRX RIP Trainer, Pound ripstix, and Kettlebells or Dumbbells for a fun and challenging circuit workout. Some classes may include a bonus 15min Pound ® abdominal set!

3D Core

Better back health and a sculpted 6-pack is achieved through effective conditioning of all three layers of core muscles. Using a variety of strength and stability tools, this class targets your core like never before. Finish with a delicious full body stretch.

TABATA

Touted as "the world's greatest fat burning workout", Tabata is a simple yet effective interval training technique designed to boost the body's calorie burning mechanisms.

Hip Hop

Join the Hip Hop movement with this dance-based, spirit-lifting workout. Through simple to complex steps with swagger, this class will torch calories while getting you in touch with your groove thang!

Surf + Sand

Using the revolutionary SurfSET boards and Sandbells, get an authentic beach body workout! Ideal for core strength and developing athletic muscle response. Classes limited to 20 participants. (Specialty Class - fees apply to L1 memberships).

3D Glutes

Not just for those seeking a gorgeous posterior! The glutes are the largest muscle in the body and key for good posture, functional movement and power. Sculpt and tone the glutes as well as the all-important core for a targeted muscle workout your body won't soon forget!

Zumba® Toning

When it comes to body sculpting, Zumba Toning raises the bar. It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness party! Use hand weights to enhance rhythm and tone all your target zones, including arms, abs, glutes and thighs. Specialty Class, accessible to Level 2/3 members only.

Powerwave

From a ripple to a roll to a tidal wave...crash, whip and slam your way to an amazing physique through the total body functional training found in our NEW Powerwave class with battleropes! A surprisingly versatile and multi-level interval class that develops strength, power and endurance.

BollyX

NEW and making a Canadian debut! BollyX is a Bollywood-inspired dance-fitness class that combines dynamic choreography with the hottest music from around the world. This cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and motivated. At the very core of a BollyX workout is the inspiration drawn from the music and dance of Bollywood, the film industry of India.
