























ABBOTSFORD - GROUP FITNESS - SUMMER 2018

July 3rd, 2018 - September 9th, 2018

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|---|---|--|--|--|---|---|
| 6:00AM | | Cycle Strength Braydon - 60min  | | | | | |
| 9:00AM | Buff Body Mathew - 60min  | Powerwave James - 60min  | Virtual Cycle Jacob - 60min  | Summer Crushhh *NEW* - Vanessa - 60min  | Sticks + Stones Jacob - 60min  | | |
| 10:00AM | | | | Boot Camp 10:30AM - OUTDOOR CLASS - Vanessa - 60min | | Virtual Conditioning Jacob - 60min  | Yoga Terri - 60min  |
| 11:00AM | | | | | | Power Yoga Terri - 60min  | Virtual Conditioning Terri - 30min  |
| 5:00PM | | Powerwave James - 55min  | | | | | |
| 6:00PM | Summer Crushhh Karen - 55min  | BollyX *NEW* - Myla - 55min  | Virtual Mind/Body Lauralee - 60min  | 3D Xtreme Jacob - 55min  | | | |
| 7:00PM | Zumba!® Myla - 60min  | Buff Body Mathew - 60min  | 3D Core Lauralee - 30min  | Zumba!® *NEW* - Myla - 60min  | | | |
| 8:00PM | | | No Stress Stretch 7:30PM - Lauralee - 30min  | | | | |

 Group Personal Training

 Included

 Specialty

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

TIME

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Legend

Strength



Cardio



Cycle



Aqua



Yoga & Stretch



Ticket required for this class. Tickets are available at front desk 30min prior to class start time.
Hold onto your ticket until the class instructor collects it.

ABBOTSFORD CLASS DESCRIPTIONS

Included Classes

| | |
|--|---|
| <p>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.</p> | <p>Power Yoga Enjoy a dynamic, energetic and inspiring yoga practice, allowing you to build endurance, strength, flexibility and concentration. Great for athletes, this style of yoga is an excellent complement to any sport. Specialty class - level 2/3 membership access only.</p> |
| <p>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.</p> | <p>Boot Camp Using a wide range of functional techniques and tools, our Personal Trainers will push you hard. If you want to improve your strength, agility, and overall fitness, this is the choice for you! Expect new challenges as you get faster and stronger. The class is held indoors in fall/winter and outdoors in spring/summer. (Small Group PT - fees apply)</p> |
| <p>Yoga This foundation Yoga class will challenge you both mentally and physically. Strengthen your muscles while improving posture and flexibility.</p> | <p>Cycle Strength Virtual hills and drills will develop anaerobic power and leave your muscles burning! Some classes may include upper body strength with small hand weights.</p> |
| <p>Buff Body This muscle conditioning class targets key body parts for ultimate strength and confidence. Sculpt, tone and buff your way to your best body ever!</p> | <p>No Stress Stretch Achieve and maintain healthy range of motion in this relaxing class dedicated to what you know you need ...more stretching! Start with a warm-up to limber up stubborn joints and ease into standing stretch sequences. Finish off with mobility and deep stretches in seated and lying positions targeting all major muscle groups...now say ahhhhh.</p> |
| <p>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. Specialty class - level 2/3 membership access only.</p> | <p>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!</p> |
| <p>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.</p> | <p>Virtual Cycle *NEW* and available exclusively at our Yaletown and Abbotsford locations. Members now have access to hundreds of additional class options using the Wexer virtual class system. Try it out with support from one of our instructor/personal training staff members in these scheduled slots, then have the know-how to choose from cardio, conditioning, cycling or mind body options outside of scheduled classes at your convenience. Enjoy classes on YOUR time!</p> |
| <p>Virtual Conditioning *NEW* and available exclusively at our Yaletown and Abbotsford locations. Members now have access to hundreds of additional class options using the Wexer virtual class system. Try it out with support from one of our instructor/personal training staff members in these scheduled slots, then have the know-how to choose from cardio, conditioning, cycling or mind body options outside of scheduled classes at your convenience. Enjoy classes on YOUR time!</p> | <p>Virtual Mind/Body *NEW* and available exclusively at our Yaletown and Abbotsford locations. Members now have access to hundreds of additional class options using the Wexer virtual class system. Try it out with support from one of our instructor/personal training staff members in these scheduled slots, then have the know-how to choose from cardio, conditioning, cycling or mind body options outside of scheduled classes at your convenience. Enjoy classes on YOUR time!</p> |
| <p>Summer Crushhh Get your summer conditioning and summer chill out, all in one cool class. "Crush" it with high intensity cardio/strength intervals for the first half of class, then ease into the "shhh" with a soothing cooldown and stretch for the latter half. This workout will have you looking and feeling beach ready in no time!</p> | <p>3D Xtreme A circuit class like no other! Practice, Push and then Crush your intervals in a team oriented format for friendly competition and serious results. Expect to use the Bosu, dumbbells, Sandbells, and body weight for a variety of simple yet challenging and effective cardio and strength drills that will leave you breathless!</p> |