

ABBOTSFORD - GROUP FITNESS - FALL 2019

September 9th, 2019 - December 22nd, 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM		Rise + Grind Braydon - 55min 		Virtual Cycle 30min 			
8:15AM				Yoga Vanessa - 55min 		Cycle Strength Braydon - 55min  	
9:15AM	Buff Body Katie - 55min 	Knockout *NEW* Myla - 55min  	Rise + Grind Bree - 55min 	The Works Vanessa - 55min  	Powerwave *NEW* Myla - 55min  		Virtual Cycle 30min 
10:30AM	Virtual Barre 30min  	Virtual Conditioning 30min  	Virtual Mind/Body 30min 	Virtual Conditioning 30min  	Virtual Cycle 30min 	Virtual Conditioning 30min  	
5:00PM		Powerwave Katie - 55min  		Virtual Mind/Body 45min 			
6:00PM	TABATA Karen - 55min  		Cycle Core Lauralee - 55min  				
7:00PM	Virtual Mind/Body 30min 	BollyX Myla - 55min 	No Stress Stretch 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

Cycle Core

High intensity cycling followed by focused abdominal work. This terrific combination class will burn calories while sculpting your abs! All levels welcome. This is a Specialty class available with Pro and Signature membership options.

The Works

A power-packed circuit class using all kinds of cardio and resistance training in an interval style. Suitable for all levels and no workout is ever the same. Guaranteed to be boredom-proof!

Cycle Strength

Get the best of both worlds: low impact/high intensity cardio on the bike followed by strength training exercises off the bike. This one will leave your muscles burning! This is a Specialty class available with Pro and Signature membership options.

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!

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.

Virtual Cycle

Available exclusively at our Yaletown and Abbotsford locations. Members now have access to hundreds of additional class options using the Wexer virtual class system. Enjoy our recommendations as scheduled or classes on YOUR time whenever the studio is free!

Virtual Mind/Body

Available exclusively at our Yaletown and Abbotsford locations. Members now have access to hundreds of additional class options using the Wexer virtual class system. Enjoy our recommendations as scheduled or classes on YOUR time whenever the studio is free!

Knockout

Use boxing drills and skills to up your cardio, power and core strength to a "Total Knockout" fitness level and physique.

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.

Yoga

This foundation Yoga class will challenge you both mentally and physically. Strengthen your muscles while improving posture and flexibility.

Virtual Barre

Available exclusively at our Yaletown and Abbotsford locations. Members now have access to hundreds of additional class options using the Wexer virtual class system. Enjoy our recommendations as scheduled or classes on YOUR time whenever the studio is free!

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.

BollyX

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. This is a Specialty class available with Pro and Signature membership options.

Virtual Conditioning

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Rise + Grind

NEW for summer 2019. Get into optimal shape for the hiking season of beautiful BC! This class will focus on lower body endurance and strength and get you a super toned booty in the process. Make this a regular workout and join us at the end of summer for a real outdoor hike – watch for instructor and social media announcements!
