

# LOUGHEED TOWN CENTRE - GROUP FITNESS - FALL 2019

September 9th, 2019 - December 22nd, 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:25AM	<b>Forever Fit</b> Chris - 55min 		<b>Fusion</b> 7:00AM - Dorothea - 55min 	<b>Forever Fit</b> Dolores - 55min 	<b>Yoga</b> Kelly - 55min 		
8:05AM			<b>Forever Fit</b> Nella - 55min 			<b>Le Barre</b> <sup>T</sup> *NEW* Vanessa M. - 55min 	
9:15AM	<b>Cycle Strength</b> <sup>T</sup> Amy - 55min 	<b>Buff Body</b> Vanessa - 55min 	<b>Vicious Cycle</b> <sup>T</sup> Nella - 55min 	<b>Rise + Grind</b> Tara - 55min 	<b>Powerwave</b> <sup>T</sup> Shannon - 55min 	<b>Athletic Step</b> <sup>T</sup> Shannon - 55min 	<b>Classic Step</b> Michelle - 55min 
10:30AM	<b>Le Barre</b> <sup>T</sup> *NEW* Vanessa M. - 55min 	<b>Pilates</b> Amy - 55min 	<b>No Stress Stretch</b> Nella - 55min 	<b>Yoga</b> Olga - 55min 	<b>3D Core</b> Shannon - 30min 	<b>Zumba!</b> <sup>T</sup> Laarnie - 55min 	<b>Buff Body</b> <sup>T</sup> 10:15AM - Michelle - 55min 
11:30AM						<b>Yoga</b> Chris - 55min 	<b>Yoga</b> Kelly - 55min 
5:30PM	<b>Total 360</b> Kris - 55min 	<b>Zumba!</b> <sup>T</sup> Elizabeth - 55min 	<b>The Works</b> Shannon - 55min 	<b>Powerwave</b> <sup>T</sup> Anya - 55min 			
6:30PM		<b>Buff Body</b> Jill - 55min 	<b>Shred Express</b> <sup>T</sup> Julie H. - 55min 	<b>Knockout</b> Jackie - 55min 			
7:30PM	<b>Yoga</b> Jai - 55min 	<b>Power Intervals</b> Mike - 55min 	<b>Yoga</b> Ryoko - 55min 	<b>Fusion</b> Chris - 55min 			

 Group Personal Training

 Included

 Specialty

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

TIME

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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.

# LOUGHEED TOWN CENTRE CLASS

## Included Classes

## DESCRIPTIONS

### Classic Step

Celebrate the evolution of Step in this mixed level cardio class with fun n' funky choreography.

### Fusion

The best of both Pilates and yoga, totally integrated and peppered with Gi Gong breath and Yang Tai Chi moves to challenge all levels. Sculpt and stretch your body while connecting your mind and spirit in a focused and fun workout.

### Power Intervals

Explosive intervals of cardio and weights using the Step as a tool. Appropriate for all fitness levels!

### Yoga

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

### Forever Fit

Remember when range of motion, flexibility and balance was easy? This workout will take you there again with exercises that enhance muscular endurance, functional strength and flexibility. A well rounded workout suitable for participants ages 60+, or anyone at an introductory or rehabilitation stage of fitness.

### 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.

### Knockout

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

## Specialty Classes

### 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.

### 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.

### Le Barre

Borrow from authentic ballet-based training to develop the grace, strength and power of a dancer's body! An easy-to-follow high energy sequence of warm-up, barre work, abdominal work using the Bender Ball, and delicious stretch/relaxation round out this intense, results-oriented workout. Expect visible lifting and sculpting of typical "trouble spots" in a few short weeks and prepare to perspire! Specialty Class - level 2/3 membership required.

### 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.

### Pilates

An educational exercise approach using the proper body mechanics, movements, trunk and pelvic stabilization, coordinated breathing, and muscle contractions to promote strengthening. Attention is paid to the entire musculoskeletal system.

### 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!

### Athletic Step

Use the Step as a tool for basic but intense cardio drills and strength intervals for an ultimate total body workout! This class format uses simple step patterns and may include cardio bursts or weight training circuits. Get it all in one great workout!

### 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!

### 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!

### Total 360

Short on time? Get all your fitness needs in one well rounded workout! Devote an equal amount of time to the three key areas of cardio, strength, and core/stretch for awesome total body results.

### Vicious Cycle

For those individuals looking for an enhanced challenge on the bike, this ride is for you! Experience all types of training drills (intervals, jumps, runs, sprints and climbs) to heart pumping rhythms for an extended class. Specialty Class access for level 2/3 membership 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. Specialty class - level 2/3 membership access only.

### Shred Express

An intense interval cycling experience for those wanting a serious no-nonsense sweat. Spin, push, pedal, climb, recover, repeat! Finish with 10min of easy riding and a soothing stretch to round out the class.