




























# DOWNTOWN - MIND/BODY - SUMMER 2019

July 2nd, 2019 - September 8th, 2019

| TIME    | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY   |
|---------|---|--|---|--|---|---|--|
| 10:00AM |   |  |   |  |   |   | <b>Power Yoga</b><br>Derek - 55min<br>                   |
| 11:00AM |   |  |   |  |   | <b>Le Barre</b><br>Fran - 55min<br>  <sup>T</sup> |  |
| 12:10PM | <b>YIN Yoga</b><br>Derek - 55min<br>   | <b>Power Yoga</b><br>*NEW* Daniela - 55min<br>       | <b>Flow Yoga</b><br>Damian - 55min<br>   | <b>Pilates, the Next Level</b><br>Fran - 55min<br>  | <b>Power Yoga</b><br>Daniela - 55min<br>                          |   | <b>Flying Fitness</b><br>Pixie - 55min<br>  <sup>T</sup> |
| 1:10PM  | <b>Power Yoga</b><br>Derek - 55min<br>                  | <b>YIN Yoga</b><br>*NEW* Daniela - 55min<br>  | <b>Power Yoga</b><br>Damian - 55min<br>                     | <b>Hatha Yoga</b><br>Fran - 55min<br>   | <b>YIN Yoga</b><br>Daniela - 55min<br>   |   |  |
| 4:30PM  | <b>Flying Fitness</b><br>Lucy - 55min<br>  <sup>T</sup> | <b>Le Barre</b><br>Frances - 55min<br>  <sup>T</sup> |   | <b>Flow Yoga</b><br>*NEW* Sherien - 55min<br>   | <b>Flying Fitness</b><br>4:00PM - Derek - 55min<br>  <sup>T</sup> |   |  |
| 5:30PM  | <b>Yoga</b><br>Daniela - 55min<br>   | <b>Power Yoga</b><br>Derek - 55min<br>           | <b>Flying Fitness</b><br>Lucy - 55min<br>  <sup>T</sup> | <b>Power Yoga</b><br>Sherien - 55min<br>  |   |   |  |
| 6:45PM  | <b>YIN Yoga</b><br>Sherien - 55min<br>   |  | <b>Hatha Yoga</b><br>Tim - 55min<br>   |  |   |   |  |

\*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.

# DOWNTOWN CLASS DESCRIPTIONS

## Included Classes

### Flow Yoga

This class unites movement with breath. Develop awareness of core strength and flowing creative movement. Through this flow, the body naturally builds heat to help move into postures and create a sense of lightness. Modifications make this an accessible all-level class. Specialty Yoga at SNFW locations, accessible to level 2/3 members only.

---

### Pilates, the Next Level

This is a faster paced Pilates mat class introducing poses beyond the beginner level. A pre-requisite of a minimum 10 hours Pilates experience is required. Specialty class - access to level 2/3 members only.

---

### Yoga

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

---

### Flying Fitness

Use our AntiGravity hammocks for suspended fitness training and a workout experience like no other! Stretch and strengthen your entire body without stressing your joints or compressing your vertebrae. \*Available at DTSC and Park Royal only.

---

### Hatha Yoga

Experience a meditative, calm, yet strong practice. Perfect for beginners to advanced students who seek mind-body awareness and flexibility. Specialty Yoga at SNFW locations - access to level 2/3 members only.

---

### 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.

---

### YIN Yoga

A deeper stretch is what you will achieve in this style of yoga. Postures are minimal but held for longer periods of time (3 or more minutes) allowing for full release of the muscle fibres to create length. Specialty Class - access to level 2/3 memberships only.

---

### 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.

---