

# LONSDALE - GROUP FITNESS - SUMMER 2019

July 2nd, 2019 - September 8th, 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM	<b>Circuit 60</b> Fawn - 55min  	<b>Total 360</b> Jane - 55min  	<b>Power Intervals</b> Fawn - 55min  	<b>Buff Body</b> Emma K - 55min 	<b>Cycle Beats</b> Marc - 55min 	<b>Fusion</b> 9:00AM - Rojin - 55min 	<b>Yoga</b> 8:30AM - Jenny-Leigh - 55min 
10:45AM	<b>Athletic Step</b> Flossie - 55min  	<b>Yoga</b> Jenny-Leigh - 55min 	<b>Le Barre</b> Fawn - 55min  	<b>Zumba!®</b> Kane - 55min 	<b>Rise + Grind</b> Emma K - 55min 	<b>Zumba!®</b> 10:00AM - Kane - 55min 	<b>Vicious Cycle</b> 9:45AM - Marc - 55min  
12:00PM	<b>Buff Body</b> Fawn - 55min 	<b>The Works</b> Jane - 55min  		<b>Yoga</b> Jenny-Leigh - 55min 			
5:30PM	<b>Pilates</b> Megan - 55min  	<b>Power Intervals</b> Elena - 55min  	<b>Pilates</b> Fawn - 55min  	<b>Circuit 60</b> Jo - 55min  			
6:30PM	<b>Cycle Core</b> Emma K - 55min  	<b>TABATA</b> *SUB* Elena - 55min  	<b>Fondo Ready</b> Emma K - 55min 		<b>Zumba!®</b> Mallory - 55min 		
7:30PM		<b>Zumba!®</b> Ziyad - 55min 	<b>Yoga</b> Jenny-Leigh - 55min 				

 Group Personal Training

 Included

 Specialty

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

TIME

MONDAY

TUESDAY

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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.

# LONSDALE CLASS DESCRIPTIONS

## Specialty 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.

### 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.

### 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.

## Included Classes

### 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 your body while connecting your mind, body and spirit in a focused and fun workout.

### 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!

### Yoga

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

### 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!

### 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.

### 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 Beats

Lose yourself to the beat in this challenging, music-driven cycling class. All tracks are designed to help you burn calories, sweat, and have fun while cycling to the beat of a variety of musical styles. This is a multi-level class.

### Fondo Ready

\*NEW\* for summer 2019. Get ready for the ultimate cycling challenge, the Vancouver to Whistler Gran Fondo. Support your road rides with indoor cycling training for an elite advantage in mastering climbs and effective recovery strategies. FREE for Gran Fondo registrants. See front desk for details.

### 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.

### Power Intervals

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

### Circuit 60

Happy 60th Birthday to us! Celebrate with this unique circuit workout: 6 stations filled with challenging drills to perform for 60 seconds or 60 reps shared amongst your team. Be sure to get in your retro cardio between rounds for maximum sweat and fantastic results. Here's to the next 60!

### 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!

### 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!