



# DOWNTOWN - GROUP FITNESS - FALL 2019

September 9th, 2019 - December 22nd, 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM		<b>Buff Body</b> Alipasha - 55min 	<b>TABATA</b> *NEW* Katrina - 55min  	<b>Buff Body</b> Alipasha - 55min 			
8:30AM						<b>Buff Body</b> Alipasha - 55min 	<b>Knockout</b> 10:30AM - *NEW* Antonio - 55min  
12:05PM	<b>Rise + Grind</b> Dolores - 55min 	<b>TABATA</b> Trevor - 55min  	<b>Hells Bells</b> Dolores - 55min  	<b>The Works</b> Dolores - 55min  	<b>Buff Body</b> Shaiful - 55min 		
1:10PM	<b>3D Core</b> 1:00PM - Dolores - 30min 	<b>The Works</b> Joanne - 55min  	<b>3D Core</b> 1:00PM - Dolores - 30min 	<b>TABATA</b> Katrina - 55min  	<b>3D Core</b> 1:00PM - Shaiful - 30min 		
4:30PM	<b>Pump + Jump</b> *NEW* Tim - 55min  	<b>Axle Loaded</b> Ryan - 55min 	<b>Hells Bells</b> Tim - 55min  	<b>Powerwave</b> Mallory - 55min  			
5:30PM	<b>B-Lift</b> Tim - 55min <sup>T</sup> 	<b>The Works</b> Dolores - 55min  	<b>Cardio Chaos</b> Tim - 55min 	<b>B-Lift</b> Mallory - 55min 	<b>Axle Loaded</b> 5:00PM - Shaiful - 55min <sup>T</sup> 		
6:30PM		<b>3D Fit</b> Mat - 55min 	<b>Zumba!@</b> Kane - 55min 	<b>Rise + Grind</b> Ryan - 55min 	<b>Zumba!@</b> Thais - 55min 		

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

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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

<b>3D Core</b> 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.	<b>Axle Loaded</b> You've tried Axle Full Body for a total conditioning challenge, now get ready for serious lifting! Axle Loaded focuses on developing power (speed x strength) and introduces weight plates from 2.5-10lbs for gradual but intense power training. Here's to major muscles in 2019!
<b>TABATA</b> 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.	<b>Zumba!@</b> 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.
<b>The Works</b> 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!	<b>3D Fit</b> An integrated approach to developing strength and power from the inside out, and at all angles. Enhance overall fitness through this blend of functional training.
<b>Cardio Chaos</b> Get your cardio on in this can't stop-won't stop high energy workout that gets your heart pumpin and endorphins flowing. A variety of drills and skills with low and hi-impact options make this a suitable class for anyone wanting to shed calories and release stress.	<b>Pump + Jump</b> A dynamic cardio/strength class using a mixture of cardio styles and resistance equipment for a total body workout.
<b>Buff Body</b> This muscle conditioning class targets key body parts for ultimate strength and confidence. Sculpt, tone and buff your way to your best body ever!	<b>Hells Bells</b> Three types of strength training for one incredible workout! Sandbells, Kettlebells and Dumbbells are used in rotation with a few bouts of cardio tossed into the mix, taking you to your personal maximum intensity level!
<b>Powerwave</b> 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 batteropes! A surprisingly versatile and multi-level interval class that develops strength, power and endurance. Specialty class - level 2/3 membership access only.	<b>Rise + Grind</b> *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!
<b>Knockout</b> Use boxing drills and skills to up your cardio, power and core strength to a "Total Knockout" fitness level and physique.	<b>B-Lift</b> Use the long bar in this weight lifting class that delivers pure strength gains.