








































DOWNTOWN - MIND/BODY - FALL 2019

September 9th, 2019 - December 22nd, 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00AM						Yoga 9:30AM - *NEW* Renata - 55min 	Power Yoga Elina - 55min  
11:00AM						Le Barre ^T Frances - 55min  	
12:10PM	YIN Yoga Kiersten - 55min 	Power Yoga Daniela - 55min  	Flow Yoga Damian - 55min 	Pilates, the Next Level Fran - 55min 	Power Yoga Daniela - 55min  		Flying Fitness ^T Pixie - 55min  
1:10PM	Power Yoga Kiersten - 55min  	YIN Yoga Daniela - 55min 	Power Yoga Damian - 55min  	Hatha Yoga Fran - 55min 	YIN Yoga Daniela - 55min 		
4:30PM	Yoga *NEW* Daniela - 55min 	Le Barre ^T Frances - 55min  		Flow Yoga Sherien - 55min 	Flying Fitness ^T 4:00PM - Pixie - 55min  		
5:30PM	Flying Fitness ^T *NEW* Lucy - 55min  	Power Yoga Chris - 55min  	Flying Fitness ^T Lucy - 55min  	Power Yoga Sherien - 55min  			
6:45PM	YIN Yoga Sherien - 55min 		Hatha Yoga Tim - 55min 	Pilates 6:30PM - *NEW* Clinton - 60min  			

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

TIME

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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

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.

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.

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.

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.

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.
