


























ABBOTSFORD - GROUP FITNESS - HOLIDAY 2019

December 16th, 2019 - January 5th, 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15AM				Yoga *DEC 19 ONLY* Vanessa - 55min 		Cycle Strength Braydon - 55min  	
9:15AM	Buff Body Katie - 55min 		Rise + Grind *DEC 18 ONLY* Bree - 55min 	The Works *DEC 19 ONLY* Vanessa - 55min  	Powerwave Sherri - 55min   		Virtual Cycle 30min 
10:30AM	Virtual Barre 30min  	Virtual Conditioning 30min  	Virtual Mind/Body 30min 		Virtual Cycle 30min 	Virtual Conditioning 30min  	
6:00PM	TABATA *DEC 16 & 23 ONLY* Karen - 55min  		Cycle Core *DEC 18 ONLY* Lauralee - 55min  				

 Group Personal Training

 Included

 Specialty

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

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.

ABBOTSFORD CLASS DESCRIPTIONS

Included 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.

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!

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!

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!

Virtual Cycle

Available exclusively at our Yaletown and Abbotsford locations. Members now have access to hundreds of additional class options using the Wexer virtual class system. Enjoy our recommendations as scheduled or classes on YOUR time whenever the studio is free!

Virtual Mind/Body

Available exclusively at our Yaletown and Abbotsford locations. Members now have access to hundreds of additional class options using the Wexer virtual class system. Enjoy our recommendations as scheduled or classes on YOUR time whenever the studio is free!

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.

Yoga

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

Virtual Barre

Available exclusively at our Yaletown and Abbotsford locations. Members now have access to hundreds of additional class options using the Wexer virtual class system. Enjoy our recommendations as scheduled or classes on YOUR time whenever the studio is free!

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.

Virtual Conditioning

Available exclusively at our Yaletown and Abbotsford locations. Members now have access to hundreds of additional class options using the Wexer virtual class system. Enjoy our recommendations as scheduled or classes on YOUR time whenever the studio is free!

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!
