

# LONSDALE - GROUP FITNESS - SPRING 2020

March 30th, 2020 - June 28th, 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15AM		<b>Cycle Core</b> T Suzanne - 55min  		<b>Cycle Beats</b> T Suzanne - 55min 			
9:30AM	<b>Athletic Step</b> T Flossie - 55min  	<b>20/20</b> T Jane - 55min  	<b>Power Intervals</b> T Fawn - 55min  	<b>Buff Body</b> T Emma K - 55min 	<b>Cycle Beats</b> T Marc - 55min 	<b>Fusion</b> 9:00AM - Parnian - 55min  	<b>Yoga</b> T 8:30AM - Jenny-Leigh - 55min 
10:45AM	<b>Le Barre</b> T Fawn - 55min  	<b>Yoga</b> Jenny-Leigh - 55min 		<b>Zumba!®</b> T Kane - 55min 	<b>The Works</b> T Emma K - 55min  	<b>Zumba!®</b> T 10:00AM - Kane - 55min 	<b>Vicious Cycle</b> T 9:45AM - Emma M - 55min  
12:00PM	<b>Buff Body</b> Fawn - 55min 	<b>TABATA</b> Jane - 55min  	<b>Le Barre</b> T Fawn - 55min  	<b>Yoga</b> Jenny-Leigh - 55min 			
5:30PM	<b>Pilates</b> Megan - 55min  	<b>The Works</b> Elena - 55min  	<b>Pilates</b> Fawn - 55min  	<b>Power Intervals</b> T Flossie - 55min  			
6:30PM	<b>Cycle Core</b> T Emma K - 55min  	<b>Zumba!®</b> T Ziyad - 55min 	<b>Drills + Hills</b> T Emma K - 55min  	<b>Spring Stretch</b> Flossie - 30min 	<b>Zumba!®</b> T Miyuki - 55min 		
7:30PM	<b>TABATA</b> Svetlana - 55min  		<b>Yoga</b> Jenny-Leigh - 55min 				

 Group Personal Training

 Included

 Specialty

\*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.

# LONSDALE CLASS DESCRIPTIONS

## Included Classes

### Spring Stretch

Put the spring back in your step by taking care of your body through soothing yet energizing movements to increase range of motion and flexibility. Start with standing dynamic full body stretches, then take it down to seated and floor based static deep tissue release.

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### 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.

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### Power Intervals

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

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### Yoga

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

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### 20/20

Approach your new year with the energy and clarity of an optimally balanced workout! 20min of cardio followed by 20min of strength, finished off with focused core and flexibility work. Here's to looking and feeling your best in 2020 with 20/20!

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## 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.

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### 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!

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### 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 Specialty class, available with Pro and Signature membership options.

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### Fusion

The best of both Pilates and yoga. Integrated yoga postures to strengthen and stretch, while developing a strong core with Pilates essentials to challenge all levels. Sculpt and stretch your body while connecting your mind and spirit in a focused and fun workout.

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### 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.

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### 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!

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### 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!

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### 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!

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### Drills + Hills

A drill based Group Cycling class focusing on intensity and power output. Perfect for the experienced rider looking to improve their speed and endurance.

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### 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.

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### 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!

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