



JANUARY 3, 2012 – JUNE 30, 2012

AQUAFIT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Shallow 8:30 – 9:30am (Laurea)	Shallow 8:30 – 9:30am (Jenn)	Shallow 9:15am - 10:15am (Laurea)	Shallow 8:30 – 9:30am (Jenn)	Shallow 8:30 – 9:30am (Debbie)	
	Deep Water 9:35-10:35am (Laurea)		Deep Water 10:20am - 11:20am (Laurea)		Deep Water 9:35-10:35am (Debbie)	
	AquaZUMBA®! 7:00pm – 8:00pm (Debbie)	Combo (Shallow + Deep) 7:00pm – 8:00pm (Debbie)		Combo (Shallow + Deep) 7:00pm – 8:00pm (Laurea/Debbie)		

Subject to change without notice.
We do not have classes on Statutory Holidays.

GROUP FITNESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cardio/Strength Plyometrics 6:05am - 7:00am		Cardio/Strength Plyometrics 6:05am - 7:00am		Cardio/Strength Plyometrics 6:05am - 7:00am	
	Cardio Mix 9:15-10:15am (Mabel)	Cardio Conditioning 9:15-10:15am (Jane)	Full Body Fitness 9:15-10:15am (Mabel)	Body Bar & Ball 9:15-10:15am (Jane)	Full Body Fitness 9:15-10:15am (Joan)	Cardio Core 9:15-10:15am (Velina)
	Flow Yoga 11:00am – 12:00pm MP Room (12 Max) (Laurea)	Sit & Be Fit! 10:30-11:15am North Gym/MPR (Ashley)	Zumba® 10:30 – 11:30am (Sheena)	30/30 (Cardio/Strength) 10:30-11:30am (Jane)	Sit & Be Fit! 10:30-11:15am (Ashley)	** All classes held in the North Gym unless noted otherwise **
	Cardio Conditioning 5:30-6:30pm (Muriel)	Zumba® 5:30-6:30pm (Velina)	Cardio Conditioning 5:30-6:30pm (Jane)		Women & Weights 10:45– 11:45am (Debbie)	
	PiYo 6:45-7:45pm (Muriel)	Pilates 6:45 – 7:45pm MP Room (12 Max) (Nichole)	Fusion 6:45pm – 7:45pm MP Room (12 Max) (Velina)	Flow Yoga 8:10-9:10pm MP Room (12 Max) (Laurea)		

LAND FITNESS DESCRIPTIONS

30/30 (Cardio Strength): The 30/30 class will be comprised of 30 minutes of cardio and 30 minutes for strength exercises, from full body to core. Each class will be different and allow for beginner, intermediate and advance levels of training.

Body Bar & Ball: Improve balance, posture, and core stability on the BALL AND WITH THE BODY BAR! This is a class catered to helping enhance your comfort on the ball so there's no need to come with experience. Get a good strength workout and an even better stretch.

Cardio Conditioning: Mainly a cardio based workout (shuffle, jump, run...) including some strength conditioning through circuits, intervals.....An active workout but can be MODIFIED to meet the needs of ALL participant levels.

Cardio Core: Maximize your cardio, burn tons of calories, develop core strength and have fun doing it! This class offers intervals, circuits, obstacles, agility, functional strength and movement training using the latest techniques in fitness to help you achieve your goals. Wide variety of intensity options available to meet individual fitness level.

Cardio Mix: Tired of the same old cardio? Mix it up by taking this class led by one of our fitness instructors.

Cardio/Strength Plyometrics: Think you're in shape? Needing to get into shape? or do you just need a new challenge? Your fitness levels will be tested in this advanced cardio and condition class that combines sports conditioning along with plyometrics.

Flow Yoga: A dynamic sequence of postures that synchronizes breath with movement and integrates awareness and alignment, as well as strength and flexibility. Sequencing may include sun salutations, standing, arm balancing, inverted, and seated postures.

Full Body Fitness: Ever had a workout where your WHOLE BODY felt worked out? Expect to leave each FBF class with that same feeling. Enjoy basic and innovative strength exercises accompanied by a variety of cardiovascular conditioning in a fun and interactive group setting. All levels welcome, come prepared to work!

Fusion: This class incorporates yoga and Pilates to strengthen and lengthen the core to improve strength, balance, and flexibility.

Pilates: A body conditioning routine that helps to not only build flexibility, but also strength, endurance, and coordination in the legs, abdominals, arms and back

PiYo™: is a class that combines Yoga Poses with Pilates mat exercises to build CORE strength and enhance agility and balance. PiYo™ is a faster paced class than Gentle Yoga and provides a moderately challenging workout similar to Vinyasa yoga

Sit & Be Fit: If balance or strength are concerns to you, enjoy Sit & Be Fit where the entire class is based in a chair. Don't let the name fool you... we will be warming up, doing strength exercises, and stretching ALL in the chair (non-chair options available as well). A perfect workout compliment for those with arthritis, osteoporosis, and other mobility issues and concerns.

Total Body Sculpt: Just stick to those "trouble maker" areas... be sure to come warmed up for this 45 minute class geared towards slimming and shaping the abs (core), butt, and thighs. All levels welcome however be ready to grunt and groan ☺

Zumba: The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

AQUATIC FITNESS DESCRIPTIONS

AquaZumba: Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Shallow: This shallow water class is not only fun and effective, but also one of the safest workouts available. Water workouts mean fewer injuries because your body is assisted by the water. Water also provides twelve times greater resistance than air so you can count on a great training effect. Everyone welcome.

Deep Water: Using various flotation devices, aqua fitness in the deep water is an effective way to get a total body workout without the jarring impact of dry land classes. No experience is necessary, however the opportunity to work hard and have fun are endless!

>> **GROUP FITNESS**

>> **AQUAFIT**

WINTER / SPRING 2012

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CENTRE**

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