



GROUP FITNESS SCHEDULE

MONDAY

Groove
With Kim
11:10-11:55am

SpinStrong
With Kim
12:05-12:50pm

Barbell Pump
With Michelle
5:15-6:00pm

HIIT-Cardio & Core
With Michelle
6:05-6:50pm

Empower
With Kristina
7:00-7:45pm

TUESDAY

Bootcamp
With Kristina
7:00-7:45am

Heart & Core
With Kelli
12:05-12:50pm

SpinSTRONG
With Kim
5:15-6:15pm

WEDNESDAY

StrongBodyBasics
With Kim
9:00-9:45am

Step It Up
With Kim
10:00-10:45am

Build It
With Kristina
12:05-12:50pm

Strong & Sweaty
With Michelle
5:15-6:15pm

Empower
With Kristina
7:00-7:45pm

THURSDAY

Bootcamp
With Kristina
7:00-7:45am

Pilates
With Sharron
9:00-9:45am

Essentrics
With Sharron
10:00-10:45am
11:00-11:45am

***See individual poster
for details***

Build It
With Kristina
12:05-12:50pm

CyclePower
With Kim
5:15-6:15pm

FRIDAY

SpinStrong
With Kim
6:30-7:15am

A.M Abs
With Kelli
9:00-9:45am

Unwind
With Kelli
10:00-10:45am

Essentrics
With Karine
12:05-12:50pm

SATURDAY

Full Body Blast
With Kristina
10:00-10:45am

SUNDAY

Dance Fusion
With Shefali
10:00-11:00am

Programs Begin May 21st - July 21st

Start Date

Monday, May 27th

Tuesday, May 21st

Wednesday, May 22nd

Thursday, May 23rd

Friday, May 24th

Saturday, May 25th

Sunday, May 26th

Class

Groove
SpinStrong
Barbell Pump
HIIT-Cardio & Core
Empower

BootCamp
Heart & Core
SpinSTRONG

StrongBodyBasics
Step It Up
Build It
Strong & Sweaty
Empower

BootCamp
Pilates
Essentrics
Build It
CyclePower

SpinStrong
A.M. Abs
Unwind
Essentrics

Full Body Blast

Dance Fusion

End Date

July 15th
July 15th
July 15th
July 15th
July 15th

July 16th
July 16th
July 16th

July 17th
July 17th
July 17th
July 17th
July 17th

July 18th
May 30th
May 30th
July 18th
July 18th

July 19th
July 19th
July 19th
July 19th

July 20th

July 21st

No Classes

June 24 & July 1

May 21, June 25 & July 2

June 26 & July 3

June 26 & July 3

May 23, June 27 & July 4

June 27 & July 4
May 31

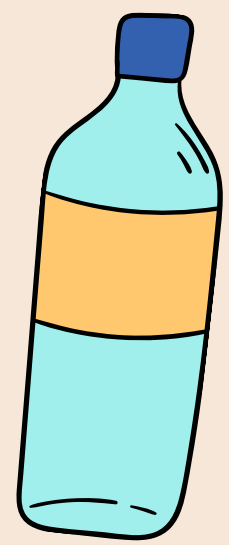
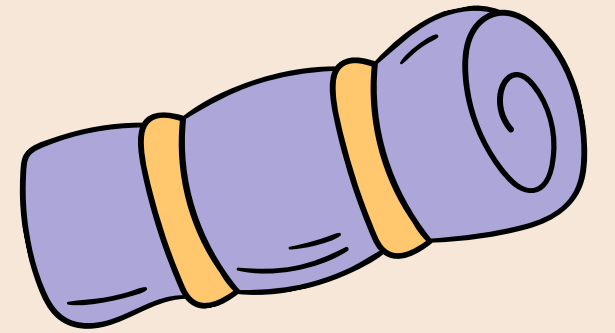
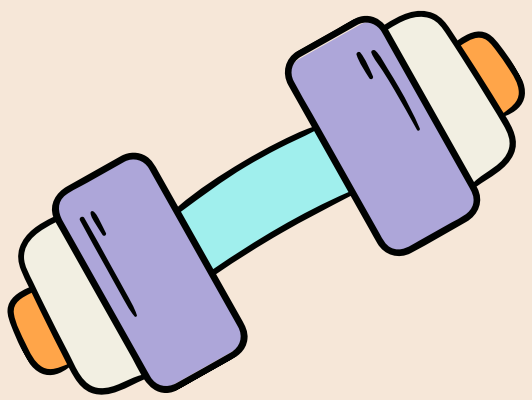
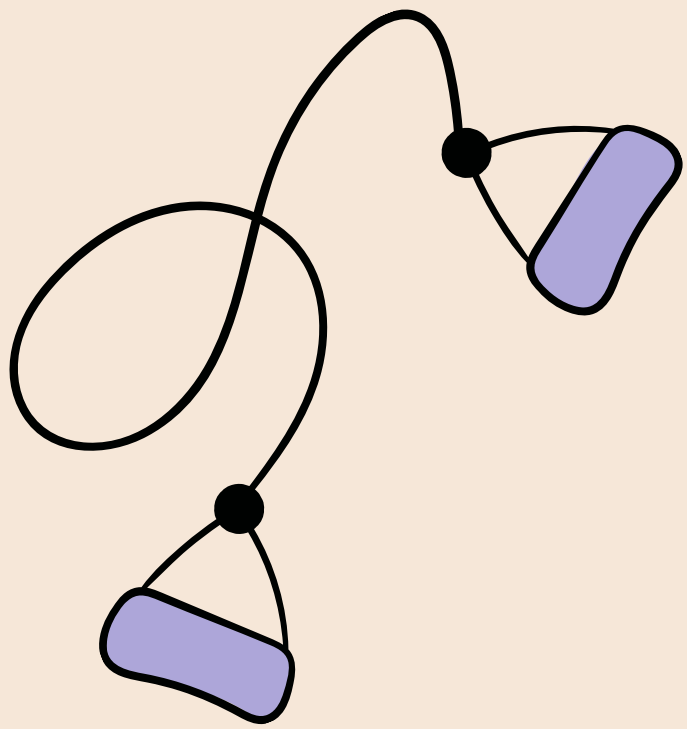
May 25, June 29 & July 6

Cost: Members holding 3, 6 month or annual memberships is free.

Members with Group Visit packages can register for the amount of classes (10 or 25, depending on package).

Non - members will pay a reduced rate depending on weeks of classes.

GROUP FITNESS



With Karine

Karine teaches various types of Essentrics classes and will be alternating here & there. No matter what style of class, an Essentrics workout is always full body with a mix of strengthening and stretching. Class descriptions are below with more information.

If you are only interested in the slower-paced class (Release, Rebalance & Restore), please get in touch with us - Karine will keep you informed of those dates and you can join us then.

**Essentrics - 25 spots available
Fridays 12:05-12:50pm
No class June 21, 28 and July 12, 19**

Essentrics Strength & Stretch

A fluid full body workout that engages every muscle through dynamic strengthening and lengthening exercises. Essentrics unlocks tight joints, develops lean muscle tone and improves posture for a balanced body. This is a low-impact class suitable for all ages and fitness levels combining standing and floor work.

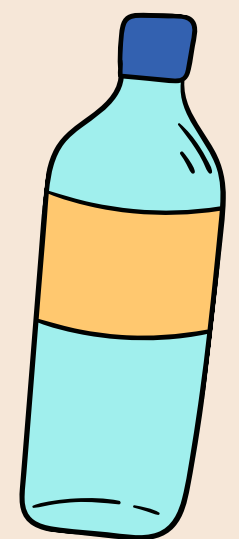
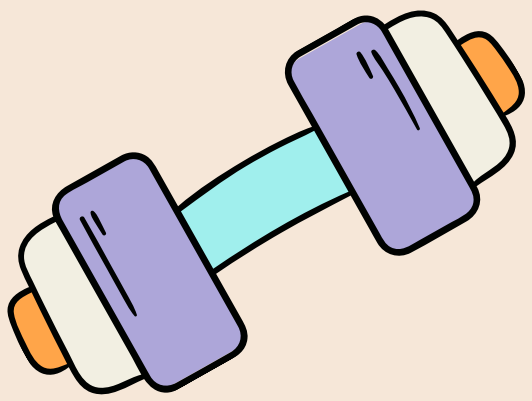
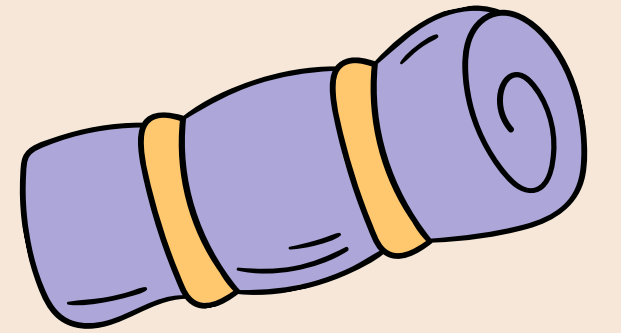
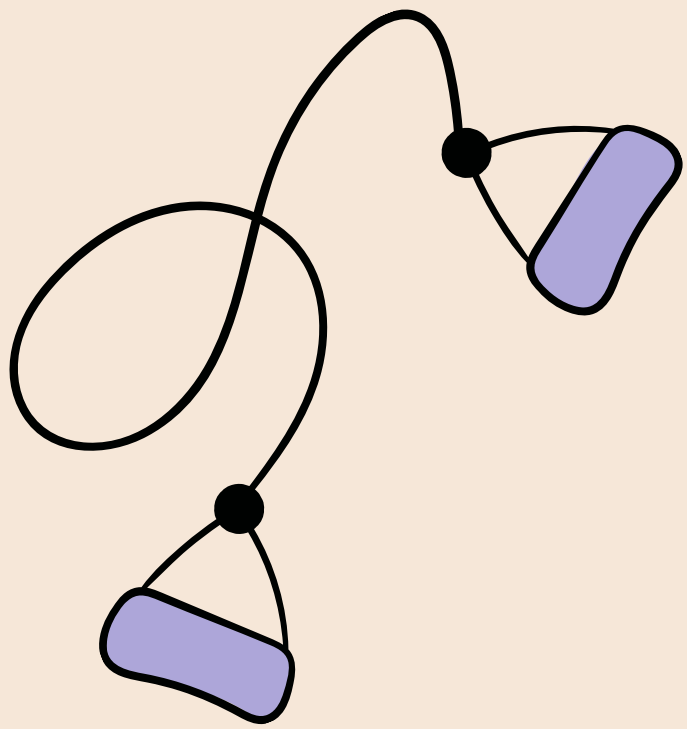
Awaken every cell, muscle and joint and come away feeling energized strong and pain free!

Essentrics Release, Rebalance & Restore

Back to basics full body mobility & flexibility for anyone! Restore movement in your body by unlocked stiff joints and gently stretching and strengthening every muscle. Effective for stress release, pain relief, injury recovery and prevention. This slower-paced class will progressively build your fitness level and take you through the foundation of a full-body rebalancing Essentrics workout.

Questions? Call 807-467-2087

GROUP FITNESS



With Kelli

Heart & Core Tuesdays 12:05-12:50pm

Boost your heart rate and train your core with a class that combines work on the BOSU or Step and the mat to give you a great cardio sweat plus a healthy dose of muscle toning.

A.M Abs Fridays 9:00-9:45am

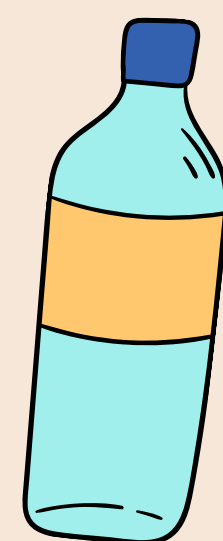
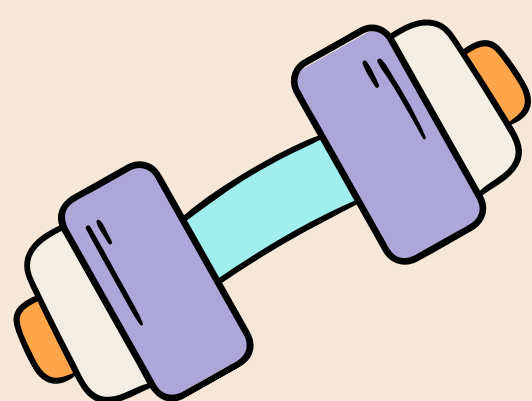
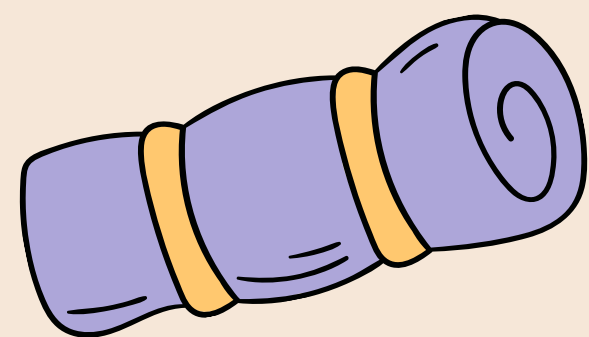
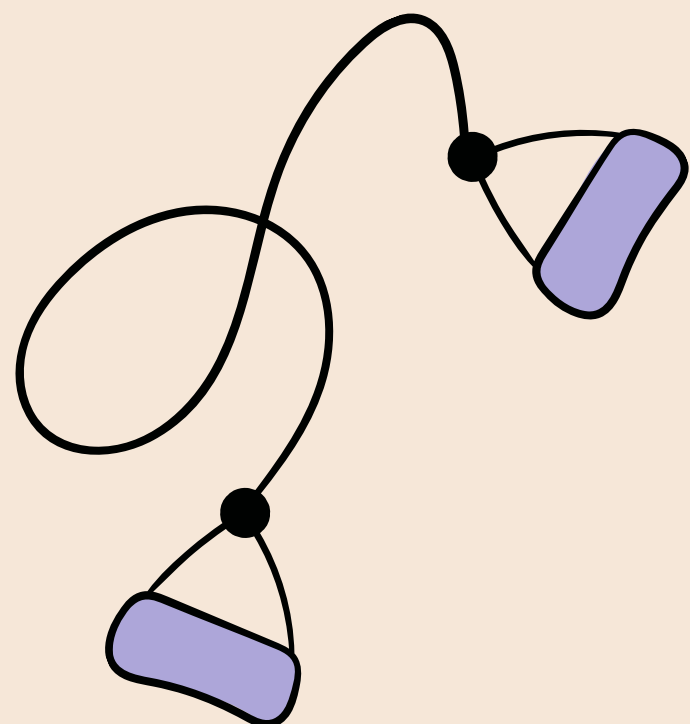
This class will focus on building strength in the core muscles to improve functional movement and balance.

Unwind Fridays 10:00-10:45am

Enjoy flowing movements, stretching, and rolling in this class that will help you wind down from a busy week.

Questions? Call 807-467-2087

GROUP FITNESS



With Kim

Groove

Mondays - 11:10-11:55am

Let's move to the music while getting our steps and cardio in! We build one move at a time - keeping our minds engaged while mastering the routine. Fitness moves, dance moves, Disco, kick boxing and more. Be prepared for some arms and core to be blended in occasionally. Let's get our Groove on!

SpinStrong

Mondays 12:05-12:50pm & Tuesdays 5:15-6:15pm & Fridays 6:30-7:15am
No class May 31

Fire up those big muscles. Pump up the power of your heart and lungs using a mix of classic and rhythm spin on the bike. Intervals of strengthening arms or core will be blended in through the class. You will feel your body get stronger, your mind get clearer and your soul get lighter. All levels welcome!

CyclePower

Thursdays - 5:15-6:15pm

Let's go back to the basics! Classics... hill climbs, sprints and endurance rides are the theme here while mixing in some strength work. The music will help lift those feet. Arms and core will be blended in between intervals on the bike. Build those muscle fibres with every lift, push or pull. These sessions fly by! Stronger body, clearer mind and lighter soul.

StrongBodyBasics

Wednesdays - 9:00-9:45am

Whether you're new to fitness or a seasoned pro, this class has what you want. Use a variety of workout styles and equipment to tone, strengthen and challenge your whole body! Free weights, TRX, tubing and more! We keep it basic and focus on those movements. Stay STRONG!

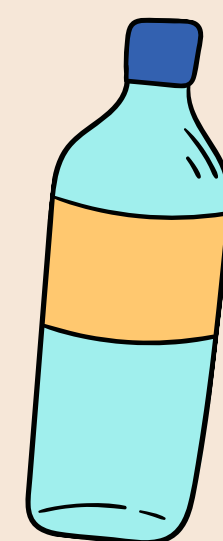
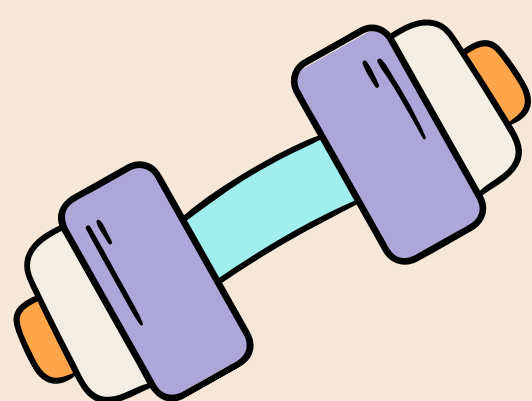
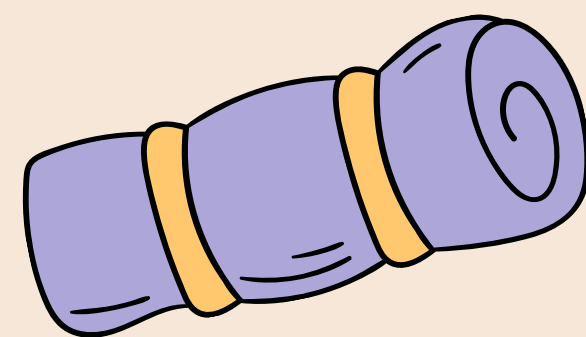
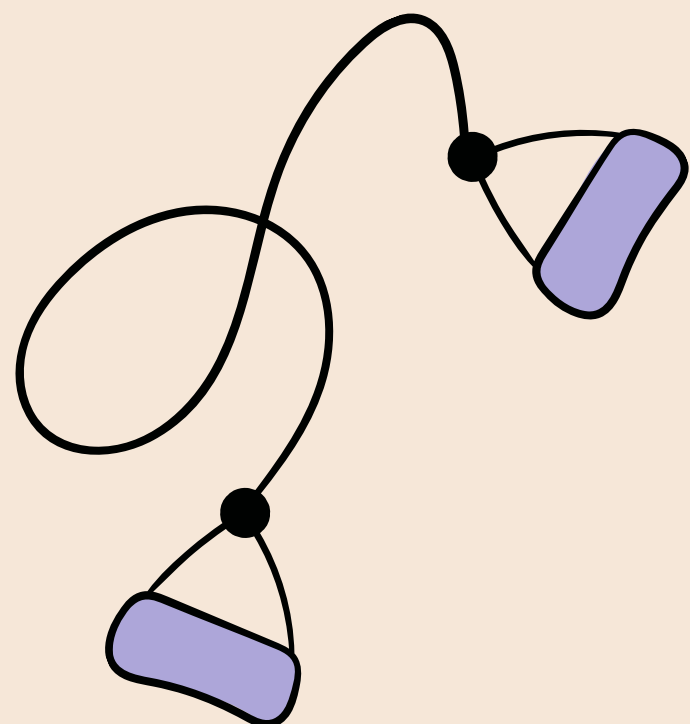
Step It Up

Wednesdays 10:00-10:45am

Let the music lift your feet and get your heart pumping. This great cardio step class flies by so quickly. We will work through one move at a time. All levels welcome.

Questions? Call 807-467-2087

GROUP FITNESS



With Kristina

BootCamp

Tuesdays & Thursdays - 7:00-7:45am

No class May 21&23, June 25&27, July 2&4

This is a self-paced class using a variety of equipment in circuit-style workouts. This class includes 3 circuits targeting full body strength and endurance.

Empower

Mondays & Wednesdays 7:00-7:45pm

No class June 24&26, July 1&3

This is a faster-paced class targeted towards participants with moderate to high fitness levels. It focuses on cardio endurance, cardio speed, and upper body/core muscular endurance. We complete 2 high intensity cardio circuits on the spin bikes or steppers (participants choice), and 2 tabata-style upper body/core strength circuits. Cues are given to participants throughout the class to push their limits in terms of speed and/or endurance. We use disco lights and new playlists weekly to keep this class entertaining and fun!

Build It

Wednesdays & Thursdays 12:05-12:50pm

No class June 26&27, July 3&4

This is a moderate-paced class ideal for clients relative new to exercise, or those already experienced in exercise. Each class includes 3 circuits that incorporate muscular strength, muscular endurance, and cardio endurance for a full body workout. This class uses a variety of equipment weekly to introduce new ways of moving and to promote expansion of participants' workout arsenal.

Full Body Blast

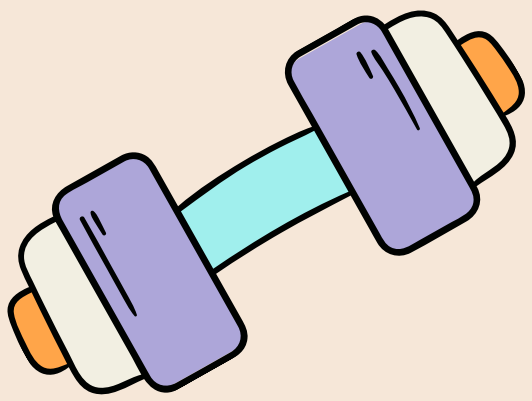
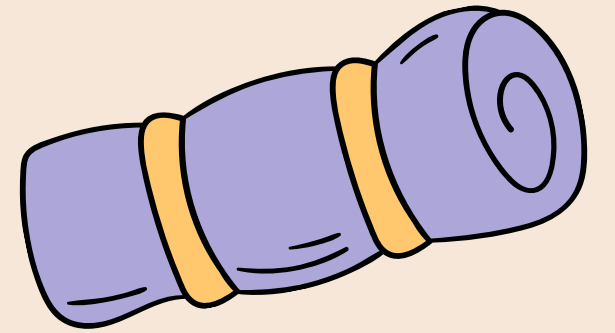
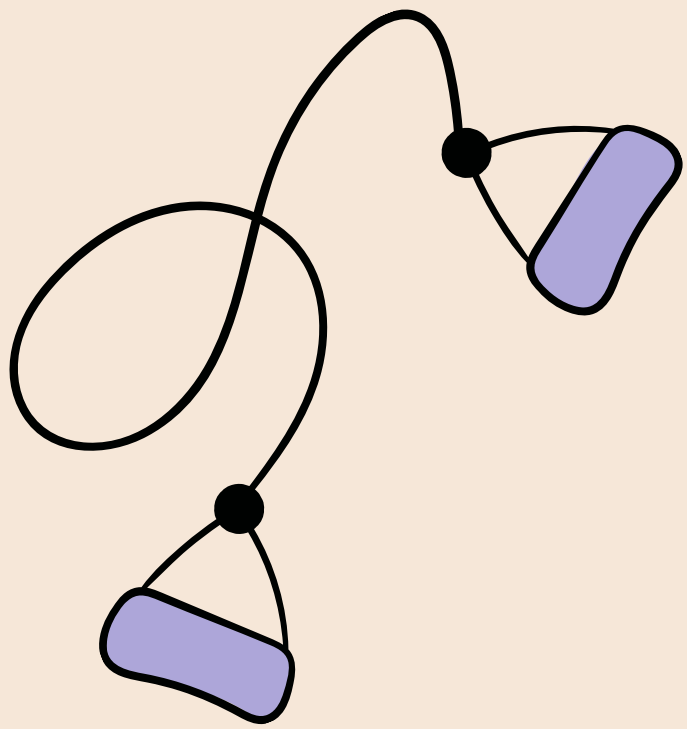
Saturdays 10:00-10:45am

No class May 25, June 29, July 6

This is a fast-paced class ideal for clients already experienced in exercise. Each class includes 3 circuits that incorporate muscular strength, muscular endurance, cardio endurance for a full body workout. This class is designed to challenge your endurance and get a good sweat in.

Questions? Call 807-467-2087

GROUP FITNESS



With Michelle

Barbell Pump Mondays 5:15-6:00pm

In this class, we will be using a barbell, plates, and dumbbells for a full-body workout

Strong & Sweaty Wednesdays 5:15-6:15pm

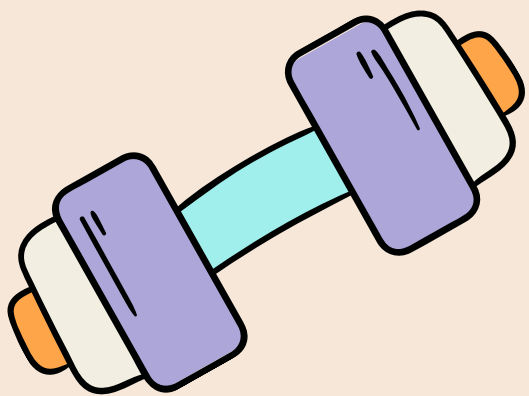
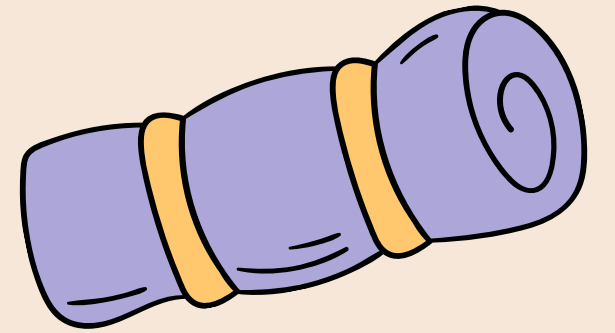
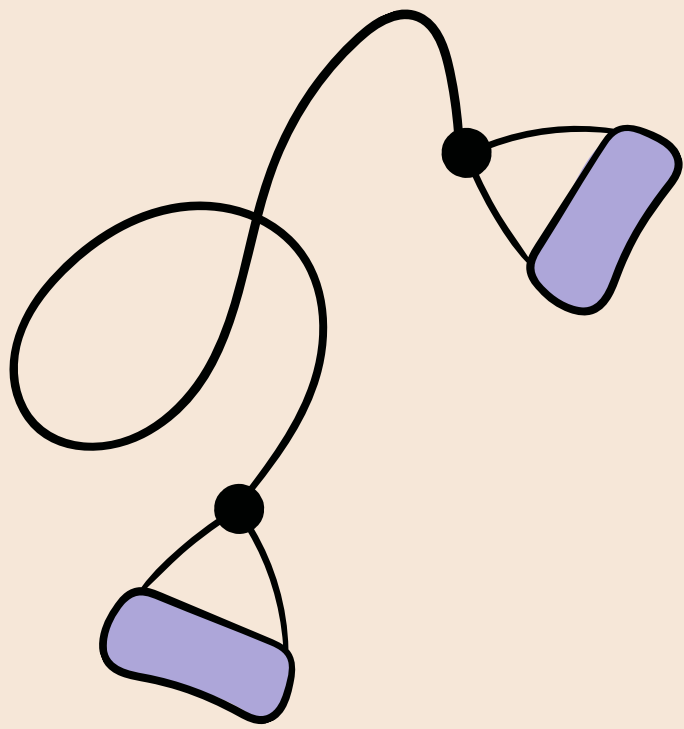
Get ready to breathe heavy as we tackle fat loss and build lean muscle mass.

HIIT-Cardio & Core Mondays 6:05-6:50pm

While using a variety of equipment and exercises, we will build core strength and challenge our cardiovascular endurance.

Questions? Call 807-467-2087

GROUP FITNESS



With Sharron

Pilates Thursdays

May 23rd & 30th - 9:00-9:45am

Pilates is a form of exercise that emphasizes the balanced development of the body through core strength, flexibility, and awareness to support efficient, graceful movement.

Essentrics Thursdays

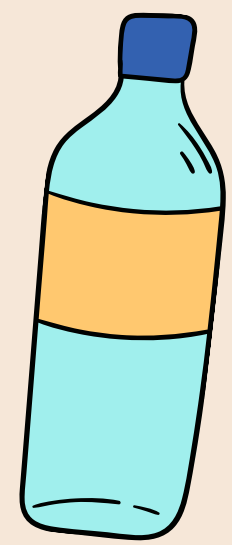
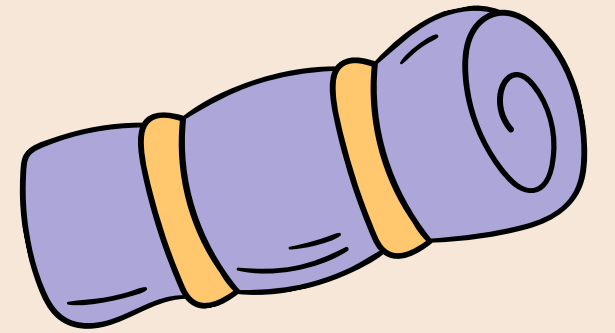
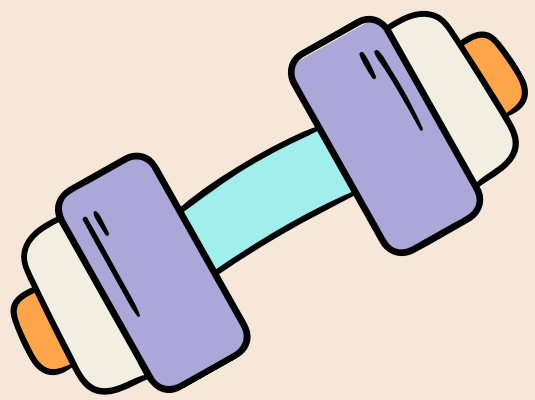
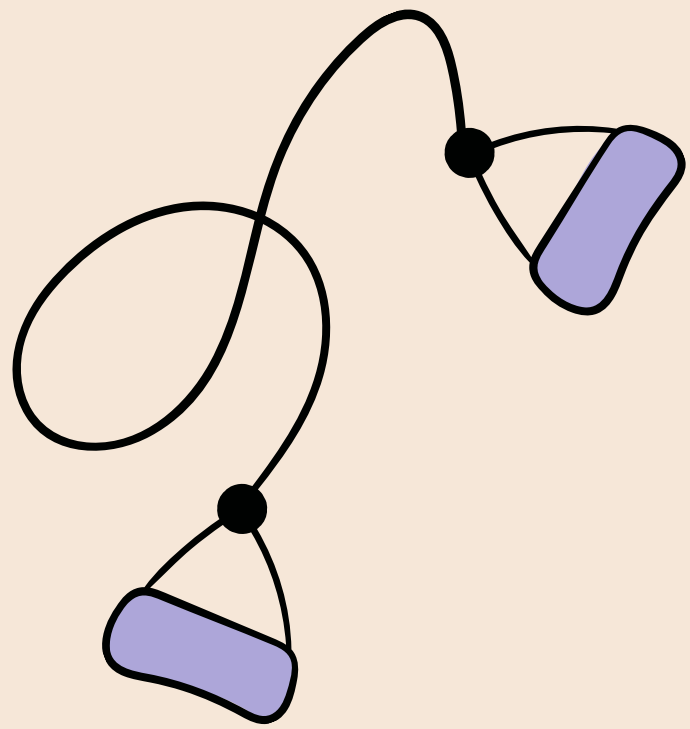
May 23rd - 10:00-10:45am

May 30th - 11:00am-11:45am

Essentrics is a fluid full-body workout that engages every muscle through dynamic strengthening and lengthening exercises. Essentrics unlocks tight joints, develops lean muscle tone and improves posture for a balance body. This is a low-impact class suitable for all ages and fitness levels combining standing, floor and barre work. Awaken every cell, muscle and joint and come away feeling energized, strong and pain-free.

Questions? Call 807-467-2087

GROUP FITNESS



With Shefali

Dance Fusion Sundays - 10:00-11:00am

My class will start with a warm-up and then a strong high intensity interval training - with burpees, push-ups, and other high impact moves in which clients exercise from their own bodyweight, get the athletic force out and feel great. This will be a very enjoyable choreographed, workout-based class.

The music will push clients to cross their limit and MMA moves will inspire them to work harder. I will combine this HIIT class with Dance Fusion which blends high tempo music from different countries with high intensity cardio dance moves to making getting in shape more fun than ever. The upbeat energetic playlist includes Merengue, Salsa, Bollywood, Bhangra, Soca, Belly Dancing and much more. Dance Fusion classes use international music and dance to create a dynamic calorie-burning form of workout for people of all fitness levels and age groups. This effective fitness system features aerobic training that is a fusion of slow and fast rhythms to one and sculpt your body and moves and steps from different dance forms. My class will end with cool down stretches and breathing exercises to get the heart rate down.

Questions? Call 807-467-2087