

October 2021

GROUP FITNESS SCHEDULE



MONDAY

6:15 - 7 am
Barbell Sculpt
Michelle

10 - 11 am
Gentle Stretch
Essentrics
Karine

11:10 - 11:55 am
Strong
Kim

12:05 - 12:50 pm
Spin
Kim

5:10 - 6:10 pm
TRX
Cam

TUESDAY

6:15 - 7 am
X-Train
Cam

11 - 11:45 am
Mobility & Stretch
Sharron

12:05 - 12:50 pm
Gentle Yoga
Sharron

5:10 - 5:45 pm
Pedal & Pump
Kim

6 - 6:45 pm
Step
Kim

WEDNESDAY

6:15 - 7 am
HITT/Tabata
Michelle

12:05 - 12:50 pm
Essentrics
Karine

5:30 - 6:30 pm
Zumba
Nadine
(Rotary Room)

6:15 - 7 pm
Essentrics
Sharron

THURSDAY

6:15 - 7 am
BootCamp
Cam

9 - 10 am
Essentrics
Sharron

11:10 - 11:55 am
Pedal & Pump
Kim

12:05 - 12:50 pm
Power Moves
Kim

5 - 6 pm
Barbell Sculpt
Michelle

FRIDAY

12:05 - 12:50 pm
Essentrics
Karine
(class begins Oct 8th)

5:15 - 6 pm
Rhythm Ride
Rylee

SUNDAY

7:00 - 7:45 pm
Rhythm Ride
Rylee

Please call to book your spot for our in person classes the day before at 8 am.
We only have 9 spots available.
Call 467-2087

Class Descriptions

Strong – Let's boost those muscles using a variety of tools. Time will be on our side while we work through some great moves!

Bootcamp – Designed for MAXIMUM calorie burn in a short amount of time. Get ready to challenge your body and mind!

Tabata Step & Strength – A fusion of cardio step and weights. Modifications for all fitness levels.

Step – Let the music carry us up, down, around and over the step. We will build moves on as we get our heart pumping.

Spinn – The tempo will keep your feet moving with this low impact cardio workout. Let yourself get carried away by the music as you burn away the tension of the day.

HIIT - Each week we will be changing it up to include Pyramids, Crazy 8's, Ladders and more!

TRX - Utilize suspension training to challenge yourself with body weight exercises to develop strength, balance, flexibility and core simultaneously.

X-Train - Focusing on high repetition movements to improve cardiovascular endurance and quickly produce lean muscle conditioning.

Essentrics– A dynamic, full body workout that combines stretching and strengthening while engaging all muscles. This equipment-free class will increase flexibility and mobility for a healthy, energized and pain-free body.

Essentrics Gentle Stretch – This class will restore movement in your joints, flexibility in your muscles, relieve pain, and increase energy. A slower – paced, gently full body workout. It is designed for those who have muscle stiffness, chronic aches and pain, recovering from injury, beginning to exercise after a long sedentary period, or simply looking for a slow and relaxed tempo class.

Zumba - Combines high energy and motivating music with unique moves and combinations that allow participants to dance away their worries. It is based on the principle that a workout should be "Fun and easy to do".

Rhythm Ride – This high intensity spin class is designed to strengthen your entire body! WE move together to the beat and get lost in the rhythm of the music with a curated playlist and choreography developed to motivate you and work not just only the lower body, but the core and upper body too! LET'S RIDE.

Barbell Sculpt: Using a body sculpting bar, we will be moving through squats, deadlifts, rows, presses and curls to high energy music! The intensity depends on how much weight you add to the bar!

Mobility & Stretch – Regardless of your fitness level, mobility should be a main focus and concern. Improving mobility will help in reducing joint pain, increase flexibility and reduce the risk and injury. The stretching portion of this class will decrease muscle stiffness and continue to improve range of motion.

Gentle Yoga - Yoga fit is a user-friendly style of yoga for ALL body's and skill levels. In Yoga fit class we use a traditional group fitness model of Warm up, work, and cool down. Born of Hatha Yoga tradition, we execute in a gentle Vinyasa Style. In Yoga fit class, we will work all body parts equally, in a non-judgement, non- competitive environment.

Pedal & Pump – Use the bike and other tools for intervals of cardio and strengthening while moving to the music.

Power Moves – Using the tempo of the music and a variety of equipment work through total body strengthening moves.