



Group Fitness Class Schedule (2012)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-6:30am	Boot Camp (Robin)		Cycle (Sue)		Boot Camp (45 min) (Robin)		
6:30am-7:00am	Cycle! (Robin)		Boot Camp (Sue)				
9:00am-10:00am	Cardio Madness (Damien)	Condition & Cycle (Andy)	Bike & Step (Damien)	Zumba (Karen)	Boot Camp (Andy)	8:30-9:30am) Boot Camp (Robin)	
10:30am-11:30am	Tai Chi (Barb, Pauline) Or Fun with Weights (Sue)	Fit Forever (Sue)	Gym Basics (Sue)	Fit Forever (Sue)	YogaFit style Yoga (Sue)		
6:00pm-6:30pm		Cycle (Sue)		Cycle (Sue)			
6:30pm-7:30pm	Boot Camp (Andy)	Core & More (Sue)	Zumba! (Debbie)	Boot Camp (Sue)	Yoga Candlelight (Sue)		

ASK ABOUT ZUMBA 4 MORE TIMES PER WEEK (ONLY \$3.00 PER CLASS FOR MEMBERS)

Class Descriptions

Bike & Step – An intense combination of cycle and step creating an exhilarating cardio workout.

Boot Camp – Take your workout intensity to a whole other level! Cycling, step, skipping and a wide variety of strength and conditioning movements designed to blast away stubborn fat and increase muscle tone. Bring a water bottle, towel and plenty of attitude!

Cardio Madness - A cardio circuit intensified with a total body pump!

Body Condition – This is a 30 minute whole body condition class. When you need your workout to be short but just as effective this is the way to go!

Condition and Cycle – Improve your fitness level with some high intensity cycling and strength moves! A high energy class involving endurance rides, sprint intervals, resistance exercise, mobility based stretching and a whole lot of sweat!

Core and More – Get on the ball...the stability ball! Have a ball...a medicine ball! Guts and butts, thighs and more. Define, refine and outline!

Cycle- A 30 minute high intensity cycle with attitude! Can you keep the pace and be ready to race?

Fit Forever – Designed for active 50+ participants, inactive participants or those who have never trained before. Do you have low coordination skills or a fear of getting started? We incorporate strategies to help prevent falls, increase bone density and address a wide variety of conditions. You can be fit forever!

Fun With Weights- A group resistance training session using machines and free weights. Great for beginners and seniors.

Gym Basics- Learn and workout all at the same time.

Tai Chi – An introduction to basic Tai Chi concepts. This is harder than it looks!

Yoga – Yoga for mind, body and fitness. Every body can increase strength, endurance and flexibility.

Zumba! – A Latin dance inspired cardio workout. This is a lot of fun, you won't even realize it's exercise.

Note – Instructors will modify classes and exercises to suit any level of fitness and experience. Don't skip a class just because you haven't tried it before.