

# WINTER Group Fitness Class Schedule - January 4 to April 24, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
EARLY AM	SPIN Lisa 6:00 - 6:45 am	MUSCLEFLEX Jen 6:00 - 6:45 am	BOOTCAMP Jen 6:00 - 6:45 am	SPIN Lisa 6:00 - 6:45 am	MUSCLEFLEX Jen 6:00 - 6:45 am		
	CIRCUIT CHALLENGE Tara 9:30 - 10:30 am	KICKBOX Mike 9:30 - 10:30 am	YOGA Dalie 9:30 - 10:30 am	CARDIO CIRCUIT Bernie 9:30 - 10:15 am	SPIN Dalie 9:30 - 10:15 am	SPIN Irma 8:45 - 9:45 am	SPIN Bernie 9:10 - 10:00 am
AM	ABSolutely Tara 10:30 - 11:00 am	TRX Group Training Tara 10:40 - 12:10 pm single dates - SPP*	Metabolic Training Tara 10:45 - 11:30 am 8 weeks - SPP*	MUSCLEFLEX Bernie 10:15 - 11:00 am	YOGA Dalie 10:30 - 11:30 am	BOOTCAMP Irma 9:45 - 10:30 am	Hard Core 10:15 - 11:15 am 8 weeks - SPP* ADVANCED LEVEL
	Metabolic Training Tara 11:10 - 11:55 am					ABS'N BUNS Irma 10:30 - 11:15 am	
LUNCH	PILATES Lori 12:30 - 1:15 pm		TRX Express Tara 12:30 - 1:15 pm		SPIN Rebekah 12:30 - 1:15 pm		
					<b>Schedule Notes</b> Classes with low attendance are subject to cancellation. Check for any holiday cancellations. <b>SPIN CLASS TICKETS</b> are given out 15 minutes prior to class. You must give the instructor a ticket to reserve your bike. *SPP = Specialty Paid Programming: Programs highlighted in red are extra-fee classes. To participate in these classes, you must register in advance at front reception. Minimum numbers are required. Club Care is a drop-in child care service for ACTS members. There is a one-time \$15 registration fee per family. Cost is \$4/child/hr, \$30 per month for unlimited use or \$40 for 10 visits (no expiry). Ages range from newborn to age 10.		
CIRCUIT CHALLENGE Tara 5:00 - 5:45 pm	Metabolic Training Tara 5:15 - 6:00 pm 8 weeks - SPP*	SPIN Lori 5:30 - 6:30 pm	Metabolic Training Tara 5:15 - 6:00 pm 8 weeks - SPP*				
SuperSPIN Johnny 6:00 - 7:30 pm	PUMP'N CRUNCH Kim 6:15 - 7:15 pm	PILATES Lori 6:35 - 7:35 pm	KICKBOX Mike 6:30 - 7:30 pm				
YOGA Dalie 7:45 - 8:45 pm		TRX Group Training Tara 7:45 - 9:15 pm single dates - SPP*	YOGA Dalie 7:45 - 8:45 pm				
PM							



# Class Descriptions

All are welcome! Most classes accommodate all fitness levels. Instruction will be modified to suit individual skill and fitness level. If you're new or have lapsed in your fitness routine, let your instructor know and he or she will provide options to ease you back into it. Likewise, if you have a specific training goal, ask for options to increase intensity. If you have any questions, contact our group fitness coordinator, **Tara Imerson**.

**Abs'n Buns** - Work that middle section! Curls, planks, obliques and squeezes. Great in combination with another class or on its own.

**ABSolutely** - Nothing but abdominal work to keep the mid-section strong and lean. A stable core leads to fewer injuries in the extremities.

**Bootcamp** - An athletic style class incorporating drills to challenge individual stamina and strength.

**Cardio Circuit** - Circuits of cardio endurance, speed skills, etc., using a variety of different equipment. Continuous work for the cross trainer.

**Circuit Challenge** - Combine Spin, TRX, BOSU, step and more into a circuit class and you have an incredible challenge incorporating lots of variety, including core stabilization, to enhance cross-training needs.

**KickBox** - All punches, kicks and combos taught for a cardio and conditioning session. Great stress release! Upbeat and fun.

**Muscleflex** - Works the entire body. Designed to enhance muscle definition, strength and endurance. Emphasis is placed on technique and proper body alignment.

**Pilates** - Pure focus on the core, less is more! Highly effective techniques to engage abs, low back and hip muscles.

**Pump n' Crunch** - Combine weight training with circuits of ab & back work for greater strength and muscle endurance.

**Spin** - A fantastic, challenging workout; major cardio enhancer burning 500-700 calories per class. Adjust the resistance of the bike to suit your fitness level. No impact on the body and no choreography to follow.

**SuperSpin** - Increase cardio endurance and leg power with this longer workout. 90 minutes of exceptional cardio burn. Time/style is similar to real outdoor ride. Pace yourself to last!

**TRX Express** - A 45 minute class completing a full body workout using the TRX suspension system; gravity and body weight adjustments mean any level of athlete may attend and benefit.

**Yoga** - Learn the postures of Hatha Yoga. Benefit from improved posture, stress release and relaxation. Increase flexibility. *\*\* Each session starts promptly on time, entry only after the initial meditation for latecomers; bring your own yoga mat.*

## \*Specialty Paid Programming

Fees apply. See front desk for details or registration.

**Metabolic Training** - a twice-weekly commitment, 45 minutes of high intensity work. Increase caloric expenditure and boost metabolism in a motivating group atmosphere. Intermediate fitness level.

**TRX Group Training** - single sessions on the TRX suspension system, each with a separate focus. Previous TRX training required. At the end of each session, you'll receive a take-home program. Check schedule at front desk, bulletin board or website for dates.

**Ultra Hard Core** - advanced level workout pushing the limits of speed, agility, strength, power and endurance. 1 hour of individual, partner and team work.

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