

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STRATEGYM CLASS CARDS May be used for all open classes 10 Class \$140 20 Class \$260 30 Class \$360 Drop In \$18						9:30 am CARDIO/ WEIGHT CHALLENGE (open)
			12:30-1:15 pm PILATES YOGA FLOW II (open)	12:00 pm WEIGHT TRAINING CLASS WT60 (open)	10:00 am POWER HOUR (open)	
			1:30 pm PILATES YOGA FLOW I (open)	12:00 pm STRETCH MOVEMENT (open)	1:15-2:00pm BETTER BACKS (open)	11:00 a.m. CARDIO CIRCUIT (open)
		6:45 pm PILATES BALL (open)	Please sign in at the front desk for all classes. *Pre-registration is required for specialty classes. No credits for missed pre registered classes. Make-ups may be arranged with your instructor. Minimum class number - 3 participants. All prices subject to GST. Classes 60 minutes unless otherwise stated. Schedule subject to change without notice.			
	*7:00 p.m. RUN STRONG Mar 28 – June 13 12 weeks	*8:00 pm – 9:15 p.m. YIN/RESTORATIVE YOGA April 12 – May 31 8 weeks	*7:00 p.m . RUN STRONG Mar 30 – June 15 12 weeks			

Open Exercise Classes: Drop- In/ Class Card

Power Hour- A high intensity class combining strength, cardio & core training using a variety of equipment & techniques. Not recommended for beginners.

Cardio Circuit- Combination of cardio & strength training. Exercises vary & include machines/free weights. Taught in an interval format, participants are encouraged to work at their own pace. Appropriate for all fitness levels.

Cardio/Weight Challenge – This upbeat workout is a great hi/lo aerobic class packed with muscle conditioning. Appropriate for all fitness levels.

Pilates Ball – A core based workout to challenge your entire body with balance, strength and flexibility exercises utilizing the large Physio Ball. All levels welcome.

Stretch Movement- For all fitness levels, this class involves a variety of stretching and muscle release techniques to improve overall flexibility. Mat exercises incorporate foam rollers, stretch bands and therapy balls .

Pilates Yoga Flow - A dynamic combination of Yoga and Pilates fusing their many benefits into one great mind body class. Improve posture, core strength, flexibility and muscle coordination. Mon; Level I Essential / Thurs; Level II Intermediate

WT60: Our popular lunch time 60-minute weight training class will strengthen and tone all major muscle groups. Appropriate for all fitness levels.

Better Backs: Led by a physiotherapist, this class will strengthen key muscles for a healthy back. You will stretch tight hip, leg and torso muscles that can lead to back pain and you will most likely improve your posture! This class is recommended for all ages and fitness levels excluding those with new back injuries under 6 weeks unless cleared by a physician or physiotherapist. Mat exercises, some standing.

Bootcamp classes – Stay tuned for a great full body workout added to the schedule for later in spring!

Specialty Classes /Pre - Register

Run Strong - With a focus on full body training, take your running to the next level! Strength, flexibility, agility and power training will help you reach your goals. Run stronger! Run faster! Recover faster! This comprehensive program benefits runners of any level.

Tuesdays or Thursdays 7:00 p.m.
12 weeks \$180

Yin/Restorative Yoga –Stressed? Tired? Tight muscles? Stop. Breathe. Stretch and Relax. By inviting a healing, calming end to your day, you can feel better as you rest your mind and support your body in yoga poses designed to restore, rejuvenate, and relax your whole being. This 75 minute class is for everybody and no yoga experience is required. Reap the benefits! Must be able to get up and down from the floor.

Wednesdays 8:00 p.m. 8 weeks \$128
Drop in(space permitting) \$20