

WEEKLY FITNESS SHOWCASE

WINTER 2019 CLASS SCHEDULE

WOW!

Thursdays 5:45-6:40pm

OPEN TO GROUP FITNESS PASS HOLDERS; DROP INS \$15 + HST

Jan 10	Body Blast	Jill W
Jan 17	Barbell Challenge	Jill W
Jan 24	Boot Camp	Samuel
Jan 31	Bamboo Barre	Kashani
Feb 7	Barbell Challenge	Samuel
Feb 14	Bosu Training	Lorayne
Feb 21	Boot Camp	Samuel
Feb 28	Bamboo Barre	Kashani
Mar 7	Boot Camp	Samuel
Mar 14	Bosu Cardio & Core	Lorayne
Mar 21	20 20 20	Samuel
Mar 28	Body Blast	Jill W
April 4	20 20 20	Samuel
April 11	Boot Camp	Samuel
April 18	Barbell Challenge	Samuel
April 25	Bamboo Barre	Kashani

Bamboo Barre fitness classes are creatively designed with a combination of dynamic, static and isometric movements using poses inspired by ballet and yoga. Bamboo sticks and resistance bands are used in place of a traditional wall-mounted barre.

Boot Camp: Take your fitness level to the next phase with this fast-paced, calorie-blasting workout, using cardio drills and circuit strength training exercises. Modifications are always offered so everyone in the group

achieves their goals. You will sweat like never before but it will be a whole lot of fun!

Bosu Training: BOSU™ is an acronym for "both sides up". This class is a multidimensional training class that integrates core strength, balance, coordination, cardio interval drills and muscle endurance. It is a wild, fun and challenging workout.

Body Blast: A sport-inspired, metabolic workout, with a combination of cardio and strength using dumbbells, steps and your own body weight.

Barbell Challenge: A full body, strength-based workout using special barbells with adjustable weight. No experience necessary.

20/20/20: 20 minutes each of cardio, strength and core conditioning.