



## CLASS DESCRIPTIONS

### **Abs +**

This class will work your abs, lower and upper body. After the warm up, all the exercises will be done on the floor and focus on strength and stability. Every level of fitness is welcome.

### **Cardio Intensity**

Changing from week to week, you will constantly be challenged and never bored with the variety of formats in this fun and energizing class. You choose the level of intensity to work at with this choreographed and athletic style workout.

### **Drums Alive**

Drums Alive is a cardiovascular workout that blends drumming, movement and dance to get the pulse racing and tone muscles. You will feel the burn while you drum to the beat on a fitness ball during choreographed routines set to great music.

### **Fit Basics**

This class uses cardio, core & strength exercises to work the entire body. There are many modifications to this program to allow all levels of fitness to participate. If you are new to group exercise or recovering from an injury, take this class and work at the level that best suits you!

### **Fit Express**

Get in that early morning workout for the total body. This 45-minute class will use a variety of equipment in this strength and cardio combined group class.

### **Fitquest**

Train like the pros! Owner of Fitquest and NHL Head Strength and Conditioning Coach, Chris Schwarz, has developed a program usually reserved for his professional clients. Class focuses on strength, stability, power, athleticism and conditioning.

### **Interval Training**

This class provides an athletic workout without choreography. You will move through a variety of total body exercises to increase cardiovascular fitness, strength, power and endurance. Constant motivation will keep you energized and you'll finish with a stretch to improve your flexibility.

### **Karma Yoga**

Join us once a month for a "give back to the community" Yoga class. Everyone is invited and feel free to bring a friend! The price of admission is a toiletry item that will be collected and donated to the Food Bank.

### **Kickboxing**

Whether you are new to kickboxing or experienced, this martial art based, high energy class will make you sweat. This class incorporates boxing, kicks, strength and core exercises, drills/partner drills and circuits. You will leave the class feeling energized and empowered!

### **Power Hour**

This group circuit style class incorporates a wide variety of activities focussed on strength, agility and conditioning. You will use battle ropes, kettle bells, sandbags, slam balls, the "tank" sled, box jumps and much more in a fun class for all levels.

### **Spinning**

You will travel miles without ever leaving the room. Work your legs, increase your endurance, and get your heart racing with this energetic, no impact indoor cycling class that will inspire you to ride!

### **Spin-Yoga**

This class begins with a 45-minute Spinning class and ends with a 45-minute Yoga class that will help elongate your muscles, release tension, deepen the breath and improve posture.

### **Tabata**

Tabata is a type of interval workout. Any exercise can be incorporated into this routine - strength, balance, flexibility, core and cardio. Each participant will make this workout as intense as they wish to meet their own goals. Modifications allow for all levels of fitness to participate.

### **Tone Up**

You will target every muscle group in this head to toe approach to group strength training. The benefits of toning your body go beyond strong muscles; you will increase your energy, improve your posture, and help protect yourself from injury.

### **Yoga Flow**

Experience the benefits of stretching and strengthening through a series of poses that encourage a connection with mind, body and breath. This class will improve your flexibility, strengthen your core and give you a greater sense of balance.

### **Yoga Stretch**

End your week of training with this deep stretching class, which is set in a slow-paced environment and incorporates breath work, movement, gentle strengthening and longer holds to improve flexibility and mobility.