



Workout
with us!

BONNYVILLE C2 FITNESS CLASSES

September 2020 *Class descriptions*

BOOTCAMP Prepare to get a fun, full body workout with a mix of cardio and resistance training. This class has an aim on perfecting your form, increasing your strength, and conditioning your cardiovascular system! Suitable for all levels.

BODY BLAST This full body workout includes a mix of cardio and resistance training with a focus on muscular endurance. Very adaptable exercises make this class appropriate for diverse fitness levels.

STRENGTH This slow paced class is ideal for working on perfecting your lifting technique while increasing strength and endurance. Learn to use barbells, kettlebells, dumbbells and other equipment while getting in a full body workout. This class is suitable for all fitness levels.

SPIN+ Come in for a ride with a little extra! Expect hills, drills, and sprints during the first part of class, then round off your workout with some off-bike exercises. We'll challenge your entire body with a blend of off-bike resistance training PLUS on-bike cardio training.

BARS & BELLS This strength-based class focusses on the use of two classic pieces of equipment- barbells and kettlebells! Learn how to lift properly while getting in shape with a full body workout that will leave you looking forward to Fri-YAY each week!

STRENGTH IN NUMBERS Improve your quality of life by becoming stronger! This is a fun and easy-to-follow class that focuses on flexibility, posture, balance, strength and endurance, plus Strength in Numbers is perfect for increasing range of motion in joints.

KETTLEBELLS Make your muscles work! Learn how to strength train with a piece of classic exercise equipment: the kettlebell. Blast all of the muscle groups and see your strength rapidly increase. This class will also include short bursts of cardio for an all-around bell-kicking workout!
