

Commit to be FIT!



FITNESS CLASSES

SEPTEMBER 2021



NEW CLASSES!
GREAT OFFERS!

PRE-REGISTER CLASSES | Monthly Sessions for September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FUNCTIONAL FITNESS with Natalie 10:00am-11:00am SEPTEMBER: \$30	MORNING SPIN with Jen 9:15am-10:15am SEPTEMBER: \$40	STRENGTH with Natalie 10:00am-11:00am SEPTEMBER: \$40	BODY BLAST with Jen 9:15am-10:15am SEPTEMBER: \$40	BARS AND BELLS with Jen 9:15am-10:15am SEPTEMBER: \$30
	ADAPT-FIT with Jen 11:00am-12:00pm SEPTEMBER: \$40		LUNCHTIME SPIN with Jen 12:00pm-1:00pm SEPTEMBER: \$40	BASIC YOGA EXTRA with Tracy 10:00am-11:30am SEPTEMBER: \$45
	BASIC HATHA YOGA with Tracy 1:30pm-2:30pm SEPTEMBER: \$40		Register in 2 or more September classes and get a FREE ONE-MONTH C2 PASS Current 3 Month and 1 Year C2 Members receive a 15% Discount on Fitness Classes	CHILD-MINDING is now Included with EVERY class registration
	GENTLE RESTORATIVE YOGA with Tracy 3:00pm-4:30pm SEPTEMBER: \$60	BOOTCAMP with Jen 6:00pm-7:00pm SEPTEMBER: \$40		
SERIOUS SWEAT with Natalie 7:00pm-8:00pm SEPTEMBER: \$30	YIN YOGA with Tracy 5:00pm-6:00pm SEPTEMBER: \$40	EVENING SPIN with Jen 7:15pm-8:15pm SEPTEMBER: \$40		

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Fitness Class Descriptions

BODY BLAST A full body workout that 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. Suitable for all fitness levels.

SPIN The diversity of this class makes it perfect for any age, ability or fitness level. Participants control their own level of intensity all while remaining part of the team spirit. The awesome music in this class will keep you energized and pumped!

FUNCTIONAL FITNESS If you are looking for a full body workout that focuses on functional fitness, this is it! With use of various equipment and movement you will be sure to feel and see the results of your hard work. This class is suitable for all fitness levels and abilities.

BOOTCAMP Prepare to get a fun full body workout with a mixture of cardio and resistance training. This is an evening twist on our daytime class with an aim on perfecting your form, increasing your strength, and conditioning your cardiovascular system! Suitable for all fitness levels.

ADAPT-FIT 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 Adapt-Fit is perfect for increasing range of motion in joints.

SERIOUS SWEAT A sweet, get-it-done-for-the-day workout that pushes you to your fitness limits. This is a full-body, demanding and effective class for anyone who wants to build their strength and cardiovascular endurance.

BARS AND 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!

BASIC HATHA & BASIC EXTRA YOGA These classes both touch on a variety of traditions of yoga. The asanas (postures) are introduced and held for a few breaths to increase strength, flexibility, and balance. Basic Yoga Extra class includes more pranayamas (breathing exercises) and meditation. Please bring a yoga mat and a blanket. You could also bring a meditation cushion if you have one or we can simply fold the blanket to create one.

GENTLE RESTORATIVE YOGA is for those who are aiming to decrease stress, promote relaxation and passively stretch out their bodies. Yoga props are used to position the body in relaxing poses that are held for several minutes. Please bring a yoga mat, blanket, 2 yoga blocks and 2 yoga bricks if you have some (we will have some to share) and a bolster (or a towel and bed pillow).

YIN YOGA is the practice of long held, passive Yin poses, calming the mind and targeting the connective tissues and joints in the body to increase range of motion and improve energy flow. Please bring a yoga mat, blanket, cushion, and a bolster (if you don't have a bolster, please bring a towel and bed pillow).