

# FITNESS CLASSES at the C<sup>2</sup>



## December 2021

*PLEASE NOTE: December Fitness Class instructors will be requiring participants to show proof of COVID-19 vaccination, a negative test result, or proof of medical exemption to participate in their classes.*

### PRE-REGISTER CLASSES | Monthly Sessions for December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
<b>STRENGTH</b> with Natalie 10:00am-11:00am DECEMBER: \$30 *Monday A.M. class only	<b>MORNING SPIN</b> with Jen 9:15am-10:15am DECEMBER: \$30	<b>VIN TO YIN YOGA</b> with Marcelle 9:00am-10:00am DECEMBER: \$30 *Wednesday A.M. only		<b>BAR AND BELLS</b> with Jen 9:15am-10:15am DECEMBER: \$30	
<b>BASIC YOGA</b> with Stacey 11:30am-12:30pm DECEMBER: \$30	<b>FUNCTIONAL FITNESS</b> with Natalie 10:00am-11:00am DECEMBER: \$30 *Tuesday class only	<b>STRENGTH</b> with Natalie 10:00am-11:00am DECEMBER: \$40 *Wednesday class only	<b>FUNCTIONAL FITNESS</b> with Natalie 10:00am-11:00am DECEMBER: \$30 *Thursday class only		
<b>VIN TO YIN YOGA</b> with Jose 5:15pm-6:15pm DECEMBER: \$30 *Monday class only		<b>CHAIR YOGA</b> with Stacey 11:00am-12:00pm DECEMBER: \$40 *Geared toward Seniors			
<b>SERIOUS SWEAT</b> with Natalie 6:15pm-7:15pm DECEMBER: \$30	<b>girl.be.you</b> with Mandy 6:15pm-7:00pm DECEMBER: Drop-In for \$12.00/class *Female only *No class Dec. 14	<b>BOOTCAMP</b> with Jen 6:00pm-7:00pm DECEMBER: \$40	<b>b.class</b> with Marielle 5:45pm-6:45pm DECEMBER: \$30 *Female only *Thursday class only		<b>b.class</b> with Marielle 7:00pm-8:00pm DECEMBER: \$30 *Female only *Sunday class only
<b>STRENGTH</b> with Natalie 7:15pm-8:15pm DECEMBER: \$30 *Monday P.M. class only		<b>VIN TO YIN YOGA</b> with Marcelle 7:15pm-8:15pm DECEMBER: \$30 *Wednesday P.M. only			

**DROP-IN AVAILABLE**  
IF SPACE ALLOWS  
\$12/1 HR CLASS, \$17/1.5 HR CLASS

**CLASS BONUS**

★ REGISTER FOR 2+ CLASSES AND GET A FREE 1 MONTH C2 PASS

**CLASS BONUS**

★ C2 MEMBERS ★  
SAVE 15% ON CLASS REGISTRATION

**CLASS BONUS**

★ CHILDMINDING ★  
INCLUDED WITH YOUR REGISTRATION

# FITNESS CLASSES

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**C<sup>2</sup>**

## December 2021

check it out!  
**GREAT CLASSES  
& BONUS  
OFFERS!**

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### *Fitness Class Descriptions*

**b. class** An inspiring women's 'fitness program' designed to let the heart and soul speak through. It combines athletic movement with powerful music creating connection within. Liberate your soul, ignite your spark and b. We support women of all ages, abilities and backgrounds feel strong and empowered to live their most authentic life. Each class experience you will leave feeling clear, strong and empowered.

**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 YOGA & BASIC YOGA EXTRA** 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.

**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.

**CHAIR YOGA (Geared for Seniors)** A wonderful way to experience the benefits of stretching and strengthening their body. The class is a practice of simple safe movements, breathing techniques and meditation, while seated or using the chair as a prop for balance and stability, that together guides participants to better health and well-being.

**FUNCTIONAL FITNESS** It says it in the name! if you are looking for a full body workout that focuses on functional fitness, this is the one for you! With a 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.

**girl.be.you** A youth empowerment program. The sister program of The b. class, this class is for young girls to be inspired to be their best selves, feel confident and empowered, all while feeling connected to a special community. For young women 7-11 years old.

**SERIOUS SWEAT** A sweet, get-it-done-for-the-day work out 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.

**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!

**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.

**VIN TO YIN YOGA** The first half of the class starts with an energizing flow sequence with standing, balancing, core and seated postures to get the body moving and heated. The second half of the class is slowed down, as we settle into longer holds, quieting the body, mind and spirit. Please bring your own bolsters/pillows for comfort.