

C² APRIL FITNESS CLASSES

PRE-REGISTER CLASSES // CLASSES RUN APRIL 1 - 29
 DROP-IN AVAILABLE: \$12/1HR CLASS - IF SPACE ALLOWS

MON	TUES	WED	THURS	FRI
SPIN + STRENGTH with Jen 9AM - 10AM \$30 <i>No class April 18th</i>	BODY BLAST with Jen 9AM - 10AM \$40	STRENGTH FLOW YOGA with Marcelle 9AM - 10AM \$40	VIN TO YIN YOGA with Marcelle 9AM - 10AM \$40	BARS + BELLS with Jen 9AM - 10AM \$40 <i>No class April 15th</i>
	STRENGTH with Natalie 10AM - 11AM \$40		STRENGTH with Natalie 10AM - 11AM \$40	
VIN TO YIN YOGA with Jose 5:15PM - 6:15PM \$30 <i>No class April 18th</i>	YIN YOGA with Tracy 5PM - 6PM \$30 <i>No class April 26th</i>	VIN TO YIN YOGA with Marcelle 5:15PM - 6:15PM \$40	B.CLASS® with Marielle 5:30PM - 6:30PM \$30 <i>No class April 14th</i>	
	FUNCTIONAL FITNESS with Natalie 6:15PM - 7:15PM \$40	BOOTCAMP with Jen 6:30PM - 7:30PM \$40		
	STRENGTH with Natalie 7:30PM - 8:30PM \$40		FUNCTIONAL FITNESS with Natalie 7PM - 8PM \$40	

CLASS BONUSES

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

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C2 MEMBERS SAVE 15% ON CLASS REGISTRATION!

0.3

CHILDMINDING INCLUDED WITH YOUR REGISTRATION



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

SPIN + STRENGTH // The diversity of this class makes it perfect for any age, ability or fitness level. Participants control their own level of intensity and will experience a full body workout by jumping off the bike for some strength exercises part way through the class. The awesome music in this class will keep you energized and pumped!

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.

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.

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!

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, bring a towel and bed pillow and I will show you how to make one).

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.

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.

STRENGTH FLOW YOGA // An energizing flow class with core strengthening movements, standing, balancing & seated postures. This class will incorporate foundational movements to build strength and confidence to play around with inversions & arm balances. With a focus on strength, stamina, stability and flexibility, be prepared to sweat!