

2022 June Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Register for two or more and receive a free one month membership. Childminding is included with every registration				
Spin & Strength Jen \$40/9am		Strength Flow Yoga Marcelle \$50/9-10am	Vin to Yin Yoga Marcelle \$40/9-10am * May Make up class 2nd	Bars and Bells Jen \$40/9-10am
	Strength Natalie \$40/10-11am		Strength Natalie \$50/10-11am	
			B.Class Marielle \$40/5:30-6:30pm No class June 30th	
	Belly Dancing Amy \$40/7:15pm-8:15pm	Bootcamp Jen \$50/6:30-7:30pm		

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.

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.

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!

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 is 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!

Belly Dancing A gentle, low impact dance class with a focus on basic belly dance technique which can help improve mobility, posture, strength, balance, and graceful movement, as well as be a fun outlet for creative expression. No previous dance experience necessary. All ages and fitness levels are welcome and encouraged!

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