

# C<sup>2</sup> MAY FITNESS CLASSES

PRE-REGISTER CLASSES// CLASSES RUN **MAY 2-31**

**DROP-IN AVAILABLE: \$12** - IF SPACE ALLOWS

**MON**

**TUES**

**WED**

**THURS**

**FRI**

**SPIN &  
STRENGTH**

with Jen

9:00am-10:00am

**\$40**

No Class May 23

**BODY BLAST**

with Jen

9:00am-10:00am

**\$50**

**STRENGTH  
FLOW YOGA**

with Marcelle

9:00am-10:00am

**\$30**

No Class May 4

**VIN TO YIN  
YOGA**

with Marcelle

9:00am-10:00am

**\$30**

No Class May 5

**BARS + BELLS**

with Jen

9:00am-10:00am

**\$40**

**STRENGTH**

with Natalie

10:00am-11:00am

**\$50**

**STRENGTH**

with Natalie

10:00am-11:00am

**\$40**

**VIN TO YIN  
YOGA**

with Jose

5:15pm-6:15pm

**\$40**

No Class May 23

**B.CLASS**

with Marielle

5:30pm-6:30pm

**\$40**

**BOOTCAMP**

with Jen

6:30pm-7:30pm

**\$40**

**CLASS  
BONUSES**

**0.1**

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

**0.2**

C2 MEMBERS SAVE  
15% ON CLASS  
REGISTRATION

**0.3**

CHILDMINDING  
INCLUDED WITH  
YOUR REGISTRATION

# C<sup>2</sup> MAY FITNESS CLASSES

**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 partway 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 to perfect your form, increase your strength, and conditioning your cardiovascular system! Suitable for all fitness levels.

**BARS & BELLS** // This strength-based class focuses on using two classic pieces of equipment- barbells and kettlebells! Learn how to lift correctly 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**<sup>®</sup> // 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!