



SEPTEMBER FITNESS CLASSES

\$12 Drop-in per class // CLASSES START **SEPTEMBER 1ST**

*\$17 Drop-in for Yoga Basic Extra

Monday	Tuesday	Wednesday	Thursday	Friday
Strictly Strength with Jen 7:30-8:30am				Spin + Strength with Jen 7:30-8:30am
Spin + Strength with Jen 8:45-9:45am				Strictly Strength with Jen 8:45-9:45 am
	Strength with Natalie 10-11am		Strength with Natalie 10-11am	Yoga Basic Extra with Tracy 10-11:30am
	Vin to Yin Yoga with Jose 5:15-6pm	b.class with Marielle 5-6pm		
		Bootcamp Jen 6:30 -7:30pm		
			Belly Dancing (Technique) with Amy 7pm-8pm	

No Classes September 5th // Childminding available for **\$5hr per child**



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STRICTLY STRENGTH // 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.

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.

BASIC YOGA EXTRA // This class both touch on a variety of traditions of yoga. In these classes the asanas (postures) are introduced and held for a few breaths to increase strength, flexibility, and balance. The Basic Yoga Extra class includes more pranayamas (breathing exercises) and meditation. For these classes, 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.

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.

Belly Dancing (technique) // 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 welcomes and encouraged!