



Aerobic Class Schedule

September 10-December 15, 2018

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|--|-------------------------------------|
| Low Impact 9:00-10:00 AM | Classic Stretch 8:00-9:00 AM Dance Studio | Cardio Combo 9:00-10:00 AM | Classic Stretch 8:00-9:00 AM Dance Studio | Low Impact 9:00-10:00 AM | Classic Stretch 8:00-9:00 AM Dance Studio | Cardio Core 9:30-10:30 AM |
| Gentle Fit 10:10-11:10 AM | | Gentle Fit 10:10-11:10 AM | Cardio Combo 9:00-10:00 AM | Gentle Fit 10:10-11:10 AM | Muscle Fit 9:00-10:00 AM | |
| Core Strength Plus 5:30-6:30 PM | Cardio Core 5:30-6:30 PM | 20-20-20 5:30-6:30 PM | Cardio Circuit 5:30-6:30 PM | Total Body Conditioning 5:30-6:30 PM | | |
| Total Body Conditioning 6:30-7:30 PM | | Cardio Interval 6:30-7:30 PM | | | | |

Class Descriptions

Gentle Fit (mild) Perfect for beginners, returning to fitness, or recovering from an injury - talk to your instructor about any concerns.

Low Impact (mild to moderate) Great morning class to get you going - no jumping, easy on the joints.

Classic Stretch (moderate) This no cardio class will focus on increasing flexibility and calming the mind.

Core Strength Plus (moderate) Get those untrained muscles back into shape. Primary focus is on core exercises for lower back and abdominals. Class has some short cardio intervals.

Cardio Interval (moderate to challenging) You've heard about it, now come and try it! High Intensity Interval Training (H.I.I.T.) This class combines short intervals of intense exercise with short periods of rest to burn fat more effectively.

20-20-20 (moderate to challenging) This hi energy class is divided between 20 minutes of cardio, 20 minutes of muscular work and 20 minutes of core and stretch. This workout will leave you exhausted but you will be back for more.

Muscle Fit (moderate to challenging) Experience a complete strength training workout that focuses on all major groups. No cardio component.

Total Body Conditioning (moderate to challenging) An excellent class to tone, strengthen, and sculpt entire body!

Cardio Combo (moderate to challenging) The ultimate cardio combination class. A mix of high/low power moves on the floor combined with muscle conditioning and core stability focus. A complete full body conditioning class designed for all fitness levels.

Cardio Core (moderate to challenging) Intervals of bootcamp style cardio and core strengthening exercises. All levels, exercises can be modified.

Cardio Circuit (moderate to challenging) The ultimate cardio combination class. A mix of high/low power moves on the floor followed by circuit training stations and some Tabata thrown in for good measure. A complete full body conditioning class designed for all fitness levels.

Fees

| Fees (GST not included) | Adult | Student/ Youth/Senior |
|----------------------------|-----------|-----------------------|
| Drop In | \$ 5.71 | \$ 4.27 |
| Strip of 10 tickets | \$ 50.28 | \$ 37.72 |
| 1 month Fit Card | \$ 45.05 | \$ 33.79 |
| 2 months Fit Card | \$ 80.66 | \$ 60.50 |
| 3 months Fit Card | \$ 112.09 | \$ 84.07 |
| 6 months Fit Card | \$ 211.62 | \$ 158.72 |
| 12 months Fit Card | \$ 368.76 | \$ 276.57 |

The Fit Card allows you to attend unlimited number of classes on the Aerobic Class Schedule.

**Note: Schedule and fees are subject to change without notice. Classes with insufficient attendance will be subject to cancellation.*

