



Core Fitness 209 – 16<sup>th</sup> Ave N, Cranbrook 250-426-7161 www.corefitnessinc.ca

**WINTER Group Exercise Schedule \* Schedule in effect: JANAUARY 2, 2020**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
6:00-7:00am		Nikki/Brooke	Nikki	HARD CORE Nikki	Corinna/Karrigan	9:15-10:15 Nikki and Jeremy (Jerekki ☺)	9:30-10:00 Brooke
9:15-10:15am	Christie/ Corinna	MAX. BEATS Chandra	Corinna/Tanis	TABATA Taya	<b>FLOW YOGA</b> Tanis	10:30-11:30 Taya  <b>First Saturday of the month CARDIO KNOCKOUT is at 10:30am!</b>	<b>STRETCH AND FLOW</b> 10:15-11:15 Nikki
10:30-11:30am	GENTLE FIT Taya	GENTLE YOGA Christie		GENTLE POWER Taya			
12:10-12:50pm	TABATA Taya	Judy/Taya 12-1	Core 12-12:45 Christie	BOOTCAMP TRX Taya	Lindsay 12-12:50		
4:00-5:00pm	Private Booking			CARDIO KNOCKOUT Jeremy/Nikki	Private Booking		
5:15-6:15pm	COED BOXING \$ Bill	FLOW YOGA Tanis	COED BOXING \$ Bill	Judy	Jose /Judy		
6:25-7:25pm	Jose/ Judy	Karrigan	<b>SPIN PUMP</b> Retro-Dave	SPARTAN TRAINING \$			

- All classes are included with Core Fitness **Unlimited Group Fitness Membership** unless otherwise noted (\$).
- Classes are subject to change at any time ~ In case of instructor illness or emergency we will do our best to find subs but classes may be cancelled without notice
- Childminding Available from 9am – 1pm Mon- Fri (Excluding stat holidays)
- **\*\*PLEASE REMEMBER TO SIGN UP ON-LINE** with the *MindBody App* to reserve a space in classes. Advance sign ups require email & phone no., payment/membership and a credit card to secure your spot
- **\*\* No shows or late cancels will be charged for Group Ride/R30, Group Power or any wait listed classes\*\***

- YOU MUST BE A MINIMUM OF 10 MINS EARLY FOR 'GROUP POWER' OR YOU WILL NOT BE PERMITTED IN THE CLASS (due to set up time)
- If you do not show up 5 minutes before the class starts, your spot may be given to a stand-by participant

### **CLASS DESCRIPTIONS**

**GROUP POWER** -Combining traditional strength training with functional moves, this high-rep weight training class is sure to blast all your muscles in a fun, fast-paced environment! \*\*This class requires longer set up, and warm up is critical. For those reasons no one will be allowed into the class late\*\*

**TABATA** – Named for the inventor, Tabata style training has been deemed one of the most effective types of workouts! Higher intensity intervals, 20 seconds in length of cardio or strength moves, followed by 10 seconds of rest. This workout improves cardio, strength and endurance.

**GROUP RIDE** - Group Ride is an amazing 50 minute cardio workout on the bike! Since you control the intensity by adjusting your resistance and speed, it's a great workout for all ages and abilities whether you are just starting out or are an avid cyclist looking to train indoors.

**R30** - Your 30-minute cardio workout on the bike. Music will make the time fly, and you will feel great working up a sweat! It's only 30 minutes and the format is easy to follow. It's perfect for beginners or those wanting a shorter workout! Great for all ages and levels of Fitness.

**HARD CORE** – A strong CORE is essential for everything we do. This 30 minute class will strengthen your entire torso (shoulders to glutes) to improve functional strength, prevent back injuries, and develop strong, toned abs!

**SPIN PUMP** – A super fun workout consisting of a half hour of cycling intervals plus a half hour of light resistance training with Retro – Dave!

**FLOW YOGA** – A multilevel yoga class that will challenge and relax you as you flow through postures and focus on deep breathing. This mind/body class will help you achieve such benefits such as decreased stress, improved posture, increased strength and flexibility, improved balance, and overall well-being.

**GENTLE** – A slower paced class focussing on flexibility, mobility, breath work and relaxation. Appropriate for seniors, or those wanting a lighter intensity class.

**STRETCH AND FLOW** – A blend of Yoga, Pilates and Tai Chi movements, combined with emotive music to move you. A calming flow that will stretch and strengthen.

**TRX/ BOOT CAMP** - Challenge yourself with a vigorous workout combining the TRX as well as push-ups, burpees, squats, agility exercises, cardio drills and other torturous exercises!

**MAX BEATS (formerly Zumba)** – A Latin style dance type class created by our own Chandra Maxymyshyn (hence the name!) with a focus on fun! You won't even notice you are getting a fantastic workout grooving to the beats!

**SPARTAN** – A bootcamp style class to prepare you for an Obstacle Race, or just get you in amazing condition! You will work cardio/ strength, agility and more using battle ropes, sandbags, Bosu's, kettlebells and more. Registration required. Additional cost.

**GENTLE FIT** – A slower paced fitness class focussing on functional movements, fall prevention and strength exercises. Ideal for seniors or those wanting a lighter workout.

**CO-ED BOXING** – Led by an experienced & certified boxing instructor, this is the real thing! Learn proper technique and conditioning for this intense sport. No contact! Requires your own set of gloves (wraps optional). \*Must register. Extra cost for this class

**CARDIO KNOCK-OUT** – A higher intensity cardio class blending martial arts, kick boxing and capoeira. A stress relieving workout with amazing tunes, awesome moves and sweat for days!!



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**WINTER FITNESS CENTRE HOURS:** Mon-Thurs 5:30am-10:00pm Fridays 5:30am- 9:00pm Sat/Sun 8:00am-8:00pm Stat Holidays 8:00am-8:00pm