



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

FALL Group Exercise Schedule * Schedule in effect: November 1, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
6:00-7:00am		RIDE Nikki/Brooke	POWER Nikki	R30 HARD CORE Nikki	POWER Melanie/Corinna	POWER 9:15-10:15 Nikki and Jeremy (Jerekki ☺) POWER A second class will be added when needed! R30 10:30-11 Brooke	New! X-TRAIN 9:15-10:15 Alternating Instructors R30 10:30-11 Brooke
9:15-10:15am	POWER Christie/ Corinna	MAX. BEATS Chandra	POWER Corinna/Tanis	TABATA Taya	FLOW YOGA Tanis		
10:30-11:30am	PILATES Molly	GENTLE YOGA Christie	R30 11:30-12 Christie	GENTLE FIT Taya			
12:10-12:50pm	BOOTCA MP Taya	POWER Judy/Taya 12-1		TRX Taya	RIDE Christie/Taya 12-1		
4:00-5:00pm		SENIORS BOXING \$ Bill 1-2pm		POWER Tanis			
5:15-6:15pm	COED BOXING \$ Bill	POWER Melanie	COED BOXING \$ Bill	POWER Judy	R30 Judy/Jose 5:15-5:45pm		
6:25-7:25pm	RIDE Jose/ Judy	FLOW YOGA Tanis	SPIN PUMP Retro-Dave	CARDIO KNOCK OUT! Jerekki			

- 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 a credit card to secure your spot **** No shows or late cancels will be charged for Group Ride/R30 & Group Power****
- 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.

HATHA – a more traditional yoga class with some focus on meditation as well as all the benefits of our Flow Yoga

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

BOOT CAMP - Challenge yourself with a vigorous workout of push-ups, burpees, squats, agility exercises, cardio drills and other torturous exercises! Outdoor classes require pre-registration and have a small additional fee.

TRX SUSPENSION TRAINING – The TRX system is a body weight based tool that allows you to work the entire body, especially the core muscles, through a variety of challenging exercises. Developed by the Navy Seals, this workout is more intense, and not suitable for those with injuries.

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!

PILATES– A body conditioning routine that helps build flexibility, long lean muscles, and overall muscular strength and endurance. Developed from Joseph Pilates, these exercises teach awareness of breath and alignment of the spine, and aim to strengthen the deep torso muscles. Stott Pilates format

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!!

New! – **X-TRAIN** – Instructors choice! Each week the instructor will pick Bootcamp/Power Step/Tabata or some form of High Intensity Training.

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