



**FALL Group Exercise Schedule \* Schedule in effect: NOVEMBER 7, 2017**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
6:00-7:00am		<b>RIDE</b> Nikki/Brooke			<b>POWER</b> Melanie	<b>POWER</b> 9:15-10:15 Alternating instructors  <b>POWER</b> 10:30-11:30 Class will be added when possible!  <b>R30</b>  <b>COMING SOON!!</b>	<b>RIDE</b> 9:15-10:15am Alternating Instructors  <b>R30</b>  <b>COMING SOON!!</b>
9:15-10:15am	<b>POWER</b> Christie/ Tanis	<b>ZUMBA</b> Chandra	<b>POWER</b> Corinna	TABATA Taya	<b>FLOW YOGA</b> Tanis		
10:30-11:30am	<b>PILATES</b> Molly	<b>GENTLE YOGA</b> Christie		<i>GENTLE FIT</i> Taya			
12:10-12:50pm	<b>BOOTCAMP</b> Taya	<b>POWER</b> Judy/Taya 12-1	<b>HATHA YOGA</b> Van	TRX Taya	<b>RIDE</b> Christie/Taya 12-1		
4:00-5:00pm	<b>POWER</b> Corinna	<i>Private Booking</i>	<b>RIDE</b> Taya/Lisa				
5:15-6:15pm	COED BOXING \$ Bill	<b>POWER</b> Melanie	COED BOXING \$ Bill	<b>POWER</b> Judy			
6:25-7:25pm	<b>RIDE</b> Jose/ Judy	<b>FLOW YOGA</b> Tanis	<b>SPIN PUMP</b> Retro-Dave	<b>ZUMBA</b> Chandra			
7:35-8:35			<i>Private Booking</i>	<i>Intermediate PILATES</i> – Carole			

- 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\*\***

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

- **YOU MUST BE A MINIMUM OF 10 MINS EARLY FOR 'GROUP POWER' OR YOU WILL NOT BE PERMITTED IN THE CLASS. NO EXCEPTIONS**

### 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 a fantastic way to improve your cardio fitness, burn calories, shape and strengthen your lower body, and have fun while doing it! Since you control the intensity of the workout by adjusting your own bike, 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.

**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 intense, and not suitable for those with injuries. Limit is 6 participants, unless you have your own TRX!

**ZUMBA** - Ditch the workout, join the party!! A Latin style dance type class with a focus on fun. You won't even notice you are getting a fantastic workout!

**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

### **FALL/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