

# Winter 2018 Group Fitness Schedule

Valid Between: Jan 7 2018–Mar 22 2019 **Last modified: Dec 27, 2018**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am-7:50am				CYCLING—Cindy 7:00-7:50 Studio 3			
8:00am-8:50am					PILATES—Sarah 8:00-8:50 Studio 2/3	ZUMBA—Melissa 8:00-8:50 Studio 2/3	GENTLE YOGA—Trisha 8:00-8:50 Studio 2
9:00am-9:50am	DEEP AQUAFIT— Marianne 9:30-10:20 Training Pool	ZUMBA—Christine 9:00-9:50 Studio 2/3	DEEP AQUAFIT— Marianne 9:30-10:20 Training Pool	YOGA—Fahd (Starts Feb 7) 9:00-9:50 Studio 2/3	DEEP AQUAFIT— Marianne 9:30-10:20 Training Pool	BARRE—Melissa 9:00-9:50 Studio 2/3	
10:00am-10:50am	SYNRGY—David 10:00-10:50 Fitness Centre PILATES—Sofia 10:00-10:50 Studio 2/3	SYNRGY—Lawrence 10:00-10:50 Fitness Centre	CYCLING—Olivia 10:00-10:50 Studio 3	SYNRGY—David 10:00-10:50 Fitness Centre	SYNRGY—David 10:00-10:50 Fitness Centre	SYNRGY—Adam 10:00-10:50 Fitness Centre	ZUMBA—Christine 10:00-10:50 Studio 2/3
11:00am-11:50am	YOGA—Sofia 11:00-11:50 Studio 2/3				TABATA—Cindy 11:00-11:50 Studio 2/3		CYCLING 40 min—Tian 11:10-11:50 Studio 3
12:00pm-12:50pm	BETTER BONES— Marianne 12:00-12:50 Studio 2/3	PILATES—Sofia 12:00-12:50 Studio 2/3	YOGA—Ramona 12:00-12:50 Studio 2/3			ASHTANGA POWER YOGA—Grace 12:00-12:50 Studio 2/3	
1:00pm-1:50pm	CYCLING 30 min— Marianne 1:15-1:45 Studio 3	BODY BLAST—Sofia 1:00-1:50 Studio 2/3		YOGA—Mary 1:00-1:50 Studio 2 SHALLOW AQUAFIT— Susan 1:00-1:50 Training Pool	BOSU—Marianne 1:00-1:30 Studio 2/3	GENTLE YOGA—Grace 1:00-1:50 Studio 2/3	
2:00pm-2:50pm							YOGA—Grace 2:00-2:50 Studio 2/3
4:00pm-4:50pm							
5:00pm-5:50pm	TOTAL CORE—Omar 5:30-6:00 Fitness Centre		TOTAL CORE—Olivia 5:30-6:00 Fitness Centre	**HIIT—Irteza 5:00-5:45 Studio 1			
6:00pm-6:50pm	ZUMBA—Melissa 6:00-6:50 Studio 2/3	YOGA—Grace 6:00-6:50 Studio 2/3	CYCLING 60 min—Lynda 6:00-6:50 Studio 3	**CYCLING 60 min— Cindy 6:00-6:50 Studio 1	**BOOTCAMP—Paul 6:00-6:50 Studio 1		
7:00pm-7:50pm	MUSCLEWORKS—Michael 7:00-7:50 Studio 2/3	**BODY BLAST—Tiffany 7:00-7:50 Studio 1	ZUMBA—Christine 7:00-7:50 Studio 2/3	ZUMBA—Katie 7:00-7:50 Studio 2/3			
8:00pm-8:50pm	YOGA—Michael 8:00-8:50 Studio 2/3	**TAI CHI—Linda 8:00-8:50 Studio 1	YIN YOGA—Mary 8:10-9:00 Studio 1	**STRONG BY ZUMBA— Grace 8:00-8:50p Studio 1			
9:00pm-9:50pm		HATHA FLOW—Anne 9:00-9:50 Studio 1	MEDITATION—Mary 9:00-9:50 Studio 1	YOGA—Fahd (Starts Feb 7) 9:10-10:00 Studio 2/3			

**Legend:**

**Class Types**

- Cardio Class
- Fitness Centre—Resistance Training
- Resistance Training Class
- Aquatics
- Yoga/Pilates

Please be advised that the group fitness schedule is subject to change. The most updated version is on the website:  
<http://www.tpasc.ca/view/tpasc/about-tpasc-1/master-calendar>

**Aquafit** provides an alternative fitness workout in deep water with progressing exercises in the water to improve core muscle stability, muscle endurance and strength, aerobic endurance and flexibility.

**Barre** incorporates elements of ballet, Pilates, and Yoga to help achieve a “dancer’s body”—strong, sleek and streamlined. Barre exercises rely on bodyweight for resistance while movement challenges core stability and balance.

**Better Bones** is a muscular conditioning class taught by a Bone Fit trained instructor. Stand taller and look lighter with core activation, improved posture and balance and become stronger for activities of daily living.

**Body Blast** focuses on total body conditioning through functional training movements that will help participants become stronger and fitter for activities of daily living through incorporating various training styles and equipment.

**Bootcamp** is a modern fitness phenomenon, yet classic military style workout that gets overall fitness results. This high energy class will test aerobic and anaerobic systems and will leave participants feeling strong and fit.

**Bootycamp** uses a variety of exercises and training techniques to develop strength and muscle tone, focusing on building shape in the lower body and core.

**Bosu®** is a strength training class targeting major muscle groups using the BOSU®, various equipment and bodyweight. BOSU® incorporates balance and bursts of cardio into movements intended to help tone all major muscles.

**CardioDrum** is a fitness based drumming program that combines the mental health benefits of drumming with the overall health benefits of physical fitness for a full-body workout. Come beat away your stress and have fun!

**Cycling** is a high energy, heart-pumping experience open to spinners of all levels. Classes will help members reach new fitness levels, jump-start a fitness program or serve as a great cross-training tool for existing fitness routines.

**HIIT** is a class that mixes intervals of high intensity work with low intensity training to challenge your aerobic and anaerobic capacities and increase calorie burn. 30-minutes of this class is enough to challenge even the fittest participant!

**Muscleworks** is a medium to high intensity muscle strength class tied with core and cardio. By incorporating various weights and equipment, the class focuses on toning, sculpting and strengthening muscles.

**Pilates** is a form of body conditioning movement that strengthen and stretch muscles to promote complete conditioning. Emphasis is on concentration, smooth controlled movements, correct body alignment, and proper breathing.

**Synrgy®** is a high intensity bootcamp-style class that will surely have you heart and muscles pumping! Using the Synrgy 360® in the Fitness Centre, participants are taken through a cardio and strength-based circuit that works the entire body.

**Tabata** is a high intensity conditioning class using the exercise protocol of 20s of work and 10s of rest for 8 rounds. Using a variety of exercises to challenge the whole body, this class will boost your metabolism long after the workout is over.

**Tai Chi** is a Chinese martial art that is practiced for both its defense training and health benefits. The class includes simple, low impact movements that increases flexibility, balance, range of motion, vitality, relaxation, mental focus, strength and overall well-being.

**Triple Threat** focuses on building total body strength, improving aerobic capacity and core strength for a power packed, exciting class. Each class will be challenging with fun interval and circuit training elements. Open to all fitness levels.

**Total Core** is a 30-minute core conditioning class designed to work the entire core musculature, involving the abdominals, back, hip and glute muscles to help develop core stability and strength to be more efficient in everything you do.

**Yoga** will help ease the mind and support clarity through strength, flexibility and relaxation. Breathing, postures and stress management will serve as the foundation of an exercise class performed by millions worldwide for centuries.

**Gentle Yoga** is the lower paced, more restorative option structured around rejuvenating and healing the body and reducing stress and tension.

**Zumba®** fuses hypnotic Latin rhythms and easy-to-follow moves to create a high energy fitness program. The routines combines fast and slow rhythms and resistance training to tone while burning fat.