

| | 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—Anne 8:00-8:50 Studio 2 |
| 9:00am-9:50am | CYCLING—Fahd 9:00-9:50 Studio 3 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 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 |
| 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 2 | | | |
| 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 3 | **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 2 | | | |
| 9:00pm-9:50pm | | HATHA FLOW—Trisha 9:00-9:50 Studio 1 | MEDITATION—Mary 9:00-9:50 Studio 1 | YOGA—Fahd 9:10-10:00 Studio 2/3 | | | |

Legend:

Class Types

- Cardio Class
- 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:
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.