



## SEPTEMBER 2024 FITNESS SCHEDULE

All classes to be held at the Sunlife building at 600 Weber St. N. Waterloo (main floor), unless specified otherwise.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>9:30 AM</b>		STRENGTH & ABS <i>with Kelsey</i>	MOVE & GROOVE <i>with Jenn</i> (In Studio & Online)		CORE BLAST <i>with Jenn</i>	INTERVAL CARDIO/ STRENGTH & ABS <i>with Jenn</i> (Online)	
<b>10:30 AM</b>	YANG YIN YOGA <i>with Le</i>	YOGA/ PILATES MOBILITY <i>with Kelsey</i>	HATHA FLOW YOGA <i>with Christina</i>	PILATES <i>with Vanessa</i>	YOGA STRETCH & TONE <i>with Christina</i>		YANG YIN YOGA <i>with Trinh</i>
<b>12:10 PM</b>				STRENGTH & CONDITIONING MOBILITY <i>with Jay</i> AT GREYSTONE			
<b>5:30 PM</b>	CORE BLAST <i>with Jenn</i>	TOTAL BODY CONDITIONING <i>with Jenn</i>					
<b>6:30 PM</b>	YANG YIN YOGA <i>with Matt</i>	YOGA TONE & STRETCH <i>with Christina</i>	PILATES <i>with Jeff</i>	RESTORATIVE YOGA <i>with Trinh</i>			

### MEMBERS

- We strongly recommend that all Yoga participants bring their own yoga mats and blocks.
- Additionally, please remember to bring a towel and water bottle to classes for your comfort and hydration.

## CLASS DESCRIPTIONS

### **STRENGTH & ABS**

This class is designed to develop muscular strength and endurance in an inspiring and motivating group fitness environment. This workout will challenge every major muscle group using a variety of equipment such as handheld weights, kettlebells, and barbells. Movements will range such as squats, presses, curls, and lunges. Discover your real strength and see results!

### **MOVE & GROOVE**

This 45-minute class caters to individuals seeking an "old-school, low-impact workout." It offers a safe, heart-healthy routine that's gentle on the joints. The session features straightforward, low-impact movements along with upper body strength exercises and abdominal workouts using light handheld weights.

### **INTERVAL CARDIO. STRENGTH & ABS**

This session will switch between cardio and strength exercises and be interspersed with brief rest intervals before concluding with a series of abdominal exercises. With no dull moments, you'll be constantly engaged in the workout, ensuring a sustained calorie burn even after it's over.

### **CORE BLAST**

This class aims to enhance the strength of your back and abdominal muscles while stabilizing and aligning your spine and ribs to promote proper posture. Throughout the class you'll utilize various fitness equipment including stability balls, bender balls, hand weights, and resistance bands.

### **YANG YING YOGA**

This class is crafted to provide a harmonious blend of Yang and Yin Yoga practices. Yang yoga involves active, dynamic flows aimed at enhancing muscular strength and flexibility, while Yin Yoga focuses on stillness. Through Yin Yoga's stationary poses, the deeper connective tissues are targeted to prevent joint rigidity and promote mobility.

### **YOGA/PILATES MOBILITY**

This class combines yoga and Pilates, with yoga emphasizing the connection between mind and body through breath work. The Pilates segment concentrates on strengthening the abdominal muscles primarily using body weight.

### **YOGA STRETCH & TONE**

This class aims to enhance balance and flexibility primarily through stretching exercises. The focus lies on opening the hips, stretching the quads and hamstrings, while also incorporating poses to strengthen the core and improve balance.

### **HATHA FLOW YOGA**

This class is centered on posture and breathing techniques, with the goal of tapping into vital energy stores to simultaneously improve strength and flexibility.

### **TOTAL BODY CONDITIONING**

This class will provide you with Dynamic, Energetic Exercises; that will focus on Cardio, functional strength training, core training and stability. The workout will target major muscle groups and keep you moving at a good pace to keep your heart rate elevated. Options will be provided to attract all levels of fitness!

### **STRENGTH CONDITIONING & MOBILITY**

This class is a blend of total body strength conditioning and mobility exercises. The exercises will help to increase flexibility and improve strength. The format can vary from circuit training style to super sets or timed intervals training.