









SPIN

YOGA/PILATES/STRETCH

CARDIO/STRENGTH

SPRING FITNESS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
					9:15AM JENN ONLINE Interval	
9:15AM JENN Step + Sculpt	9:15AM DEBI Strength Training	9:15AM JENN  Move + Groove	9:15AM DEBI Interval Training	9:15AM JENN Core + More	9:30AM ROTATING Spin	
10:30AM LE Yang Yin Yoga	10:30AM LUCY Beyond Stretch	10:30AM PETRA Pilates	10:30AM ANDREA Slow Flow	10:30AM  CHRISTINA Gentle Yoga	10:30AM ANDREA Yang Yin Yoga	10:30AM  TRINH Yoga Flow
12:10PM JODY Spin	12:10PM DEIDRE HIIT Training	12:10PM  PETRA Yoga + Stretch	12:10PM JAY Interval Training	12:10PM JODY Spin		
5:30PM JEFF Spin		5:30PM KRYSTINA Spin	5:30PM PETRA Pilates			
6:30PM LEANNE Strength Training	6:30PM MYCHEL Interval Training	6:30PM JAY CIRCUIT Training				
7:30PM  CHRISTINA Yoga + Stretch	7:30PM TRINH Restorative Yoga	7:30PM  CHRISTINA Yang Yin Yoga				

EFFECTIVE March 1st

EMAIL JENN@GREYSTONECLUB.CA TO REGISTER FOR ONLINE CLASSES

 HOT YOGA  AVAILABLE ONLINE + IN PERSON

FITNESS CLASS DESCRIPTION

STRENGTH TRAINING - 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 hand held weights, kettlebells & barbells. Movements such as squats, presses, curls and lunges. Discover your real strength and see results.

CORE + MORE - This class is designed to strengthen the back, and abdominal muscles, stabilize and align the spine and ribs to help maintain correct posture. You will use a number of fitness equipment such as, stability balls, bender balls, hand weights and resistant bands

INTERVAL TRAINING - This class is designed to be high energy and high intensity with athletic type drills. The workout will focus on strength, agility and power; taught in intervals. This challenging workout will fuse cardio conditioning and core. The energy will inspire you and leave you feeling energized. This is an Intermediate to Advance level class.

MOVE + GROOVE - This 45 minute class is designed for those who want "an old school low impact workout". .This class will be a safe, heart-healthy and easy on the joints. The workout will include easy to follow-low-impact movements, upper body strength and abs work-out using light hand-hand-held weights.

HIIT - This High Intensity Interval Training class is a training technique in which you give all out 100 percent effort through quick intense bursts of exercise, followed by short sometimes active recovery periods. You will gets and keep your heart-rate upend burning more fat in less time. This class is best suited for the intermediate to advance fitness enthusiasts.

STEP + SCULPT - This class is designed to give you a great cardio workout, combined with upper body sculpting.The workout is designed to alternate between a nice variety of basic choreographed step routines, which lasts aprox. 5 minutes followed by 5 minutes of body sculpting for the upper body. This fun and energetic class is a great combination of step cardio and upper body strength training.

SPIN - This class is designed to focus on technique, cardiovascular endurance and efficiency and muscular strength. the workout will include progressive training intervals and will mimic an outdoor cycling experince.

PILATES - This class is designed to strengthen the core and spine while toning your entire body. The exercises will be no impact movements using a variety of equipment. The class is designed to focus on the basic principles such as breathing exercises, core isolation, and balance as well as muscle awareness.

SLOW FLOW YOGA - This class is designed to relieve stress and promote relaxation of the body and mind. The session will include basic breathing exercises and a variety of foundational postures.

YOGA FLOW - This class is designed to connect the body, mind and breath.The exercises transition smoothly through a series of poses.You will find this class stimulating and great for all levels.

INFRARED YOGA AND STRETCH - This class is designed to encourage proper stretching techniques in a heated studio. The heat will stimulate deep muscle tissues, release and allow detoxification of the body in a quiet and relaxed atmosphere. You will have increased circulation, strengthening of your cardiovascular system and relief from sore muscles and joint pain.

BEYOND STRETCH - This class is designed to gently focus on therapeutic ways of learning to balance and support the mechanics of the body.The workout will focus on myofascial release for the whole body with specialized stretching techniques used to release tension and realign the body. You will be left feeling a greater sense of freedom.

YANG YIN YOGA - This class designed to offer a balanced and combined practice between Yang and Yin Yoga. Yang yoga is an active, dynamic flow aiming to improve muscular strength and flexibility. Yin Yoga is stationary. In stillness, the practice of Yin Yoga targets the deeper connective tissues to prevent joint rigidity and immobility.