



SPIN

YOGA/PILATES/STRETCH

CARDIO/STRENGTH

# FALL FITNESS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
6:10AM <b>DEIDRE</b> Strength Conditioning		6:10AM <b>MEREDITH</b> Spin		6:10AM <b>JAY</b> Interval Training	9:30AM <b>JENN</b> ONLINE Interval	
8:50AM <b>MJ</b> Pickleball Mobility	9:15AM <b>KELSEY</b> Strength Training	9:15AM <b>JENN</b> Move + Groove	9:15AM <b>DEBI</b> Interval Training	9:15AM <b>JENN</b> Core + More	9:30AM <b>*ROTATING*</b> Spin	
9:15AM <b>JENN</b> Step + Sculpt	10:30AM <b>LUCY</b> Beyond Stretch	10:30AM <b>PETRA</b> Pilates	10:30AM <b>ANDREA</b> Slow Flow	10:30AM <b>CHRISTINA</b> Gentle Yoga	10:30AM <b>ANDREA</b> Yang Yin Yoga	10:30AM <b>TRINH</b> Yoga Flow
10:30AM <b>LE</b> Yang Yin Yoga	12:10PM <b>DEIDRE</b> Strength Conditioning	12:10PM <b>PETRA</b> Yoga + Stretch	12:10PM <b>JAY</b> Interval Training	12:10PM <b>JODY</b> Spin		
12:10PM <b>JODY</b> Spin	5:30PM <b>PETRA</b> Pilates HITT	5:30PM <b>KRYSTINA</b> Spin	1:00PM <b>MJ</b> Pickleball Mobility			
5:30PM <b>JEFF</b> Spin	6:30PM <b>JENN</b> Interval Training	6:30PM <b>JAY</b> Core + More	5:30PM <b>PETRA</b> Pilates			
6:30PM <b>LEANNE</b> Strength Training	7:30PM <b>TRINH</b> Restorative Yoga	7:30PM <b>CHRISTINA</b> Yang Yin Yoga				
7:30PM <b>CHRISTINA</b> Yoga + Stretch						

**\*Spin on Saturday's are START September 16\***

EMAIL [JENN@GREYSTONECLUB.CA](mailto: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-held weights.

**Strength Conditioning & Mobility** - This 45-minute Class will offer a blend of total body strength conditioning and mobility exercises to help increase flexibility and improve strength! The class format can vary from circuit training style to super sets or timed interval training.

**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 approx. 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.

**PICKLEBALL MOBILITY** - This class is designed to work the muscles and fascia of the body. The exercises are geared to increase mobility and help to prevent injuries while on the court.

**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 experience.

**PILATES HITT:** A low impact, high intensity fusion class. Will apply Pilates-like principals to lengthen and tone the long muscles of the body, increase flexibility, and strength the core while including High Intensity Interval Training (HITT) to burn more fat, increase heart rate. It's a perfect combination of cardio and toning in a dynamic and quick class.

**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.