

## Member's Studio A (second floor)

**Abs Plus:** This awesome workout is guaranteed to get you moving! Tighten your entire body and learn the best moves to condition and strengthen your abs.

**BALListic:** Experience a challenging but fun workout by combining cardiovascular conditioning with stability ball exercises.

**BOSU:** Integrated cardiovascular intervals and strength training exercises. The BOSU balance trainer is central to this fun and dynamic class.

**Cardio Funk:** This great cardio workout includes fun, easy dance moves. Come out and try hip hop, disco, bollywood, jazz, belly dancing and more!

**Cardio:** 50 minutes of pure cardio. Each instructor will add their own flare.

**Cardio Tone:** Simply add muscle conditioning to a Hi/Lo Cardio class for a full-body workout.

**Interval Challenge:** Alternates moderate and high intensity bursts of cardio together with strength conditioning for a full body workout.

**Osteo Fit:** Weight bearing & resistance exercise is used in a gentle manner that ensures you maintain & possibly increase your bone mass.

**Medical Needs:** Safe exercise for fibromyalgia, chronic fatigue, arthritis, joint replacement, diabetes, high blood pressure, angina, heart attack, by-pass surgery, obesity or stress. Perfect if you need a laid back class.

**Pre/Post Natal Fitness:** This gentle class format suited for expectant mothers and new moms will focus on appropriate cardio, toning, strengthening and stretching. A medical questionnaire must be completed by your doctor before attending class.

**Step:** Add muscle conditioning exercises to a Step Class – it's great cross training for your heart, legs and arms!!

**Strictly Low Cardio:** Great for beginners or those who prefer low impact classes – no bouncing in this class! 45 minutes of pure cardio – no muscle conditioning.

**Turbo Kick:** Includes sport-specific warm-up, bouts of intense intervals, easy to follow combinations, kickboxing, specific strength and endurance training and Tai-Chi like cool down.

**Work it Circuit:** This fast-paced, high-energy circuit will make you sweat! Alternate between cardio and muscle conditioning stations – no fancy foot work required!

**Zumba:** This extremely popular, dance based class will get you moving with high energy, Latin beats.

All members welcome in Studio A at no added cost (excludes swim pass holders)  
Bring a towel and water. Please wear clean, close toed running shoes.  
No jeans please.  
There are small cubbies available inside the studios for valuables.  
All large bags, jackets and other such items must be left outside the studio.

## SPIN / Strength Studio B (main floor)

**Cyclefit:** Build stamina and muscle endurance in this motivating, high intensity class! Our certified cycle instructors will take you on the ride of your life. Bring LOTS of water!

**Power Pump** is a high energy class using bars and plates which focuses on muscle strength and body sculpting. Get ready to FEEL THE BURN!

**Power Core:** If you thought all you needed for a strong core was crunches, think again. This is 30 minutes of pure core work - ideal for athlete based strength

**Functional Fitness:** the newest craze in fitness. A progressive class with new and exciting drills to challenge your core, overall strength and cardio. Uses Kettlebells, rings and more. All welcome!

**Karate Fit:** Get fit with this athletic inspired workout with a martial arts flare.

**Kick Boxing:** Develop timing, balance, coordination, power, speed, agility and flexibility, all in one high-powered workout.

**Cycle Fusion:** 1/2 cyclefit, 1/2 power pump. The perfect mix for the spin / strength lover!

Bring a towel and water.  
Please wear clean, close toed running shoes or cycle shoes.  
There are small cubbies available inside the studio for valuables.  
All large bags, jackets and other such items must be left outside the studio.  
No jeans please.

## Mind / Body Studio C (main floor)

**Ashtanga Yoga:** A dynamic yoga class suited for participants looking for a more rigorous practice.

**Belly Dancing:** learn the intricate details of this ancient art in a soothing and fun workout.

**Gentle / Pre Natal Yoga:** Learn stretches and breathing techniques appropriate for pregnancy. The deliberate nature of this class makes it appropriate for anyone looking for a gentle approach to yoga.

**Hatha Yoga:** A slower paced class incorporating asanas or yoga postures, breathing exercises, meditation and relaxation. Note: Gentle Yoga is a Hatha style class suitable for those with medical concerns.

**Pilates (Beginner):** A no-stress, effective approach to stronger, leaner muscles & fabulous posture. An emphasis on movement quality, posture & breathing makes Pilates mat work a safe, challenging & revitalizing workout. Your core will be stronger than ever!!

**Pilates (Intermediate):** Take it to the next level of Pilates challenge. After completing at least two sessions of Pilates mat work, you may be ready for a new intensity. More difficult poses and movements will keep your body progressing.

**Tai Chi:** is an ancient Chinese exercise for health. The slow graceful stretching movements can help you relax and strengthening both body and mind.

**Vinyasa Yoga:** A dynamic method of practicing asanas or yoga postures. Flowing style of yoga that focuses on body alignment, physical conditioning and mindfulness.

**Yoga Fusion:** Highlights from various styles of yoga. Highly recommended for the individual who likes an integrated approach. All levels welcome.

**Yogalates:** Experience the relaxation and toning benefits of this combination class – Yoga and Pilates – the best of two worlds.

Please bring your own mat for pilates and yoga classes. Please remove shoes before entering the studio. For Tai Chi please wear clean, close toed running shoes. There are small cubbies available inside the studios for valuables. No jeans please