



# GRP.X SCHEDULE

AS OF January 7<sup>th</sup> 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Complete Body Training</b> 7am Kelly 60m GF	<b>Energy Drive Spinning</b> 7am Jack 60m HIT	<b>Body Sculpt</b> 7am Kelly 60m GF	<b>Energy Drive Spinning</b> 7am Kelly 60m GF	<b>Body Sculpt</b> 7am Kelly 60m HIT		
<b>Cardio Ballet</b> 8:30am Audley 60m GF		<b>Cardio Ballet</b> 8:30am Audley 60m GF		<b>Cardio Ballet</b> 8:30am Audley 60m GF		
<b>Audley's Cardio</b> 9:30am Audley 60m GF		<b>Audley's Cardio</b> 9:30am Audley 60m GF		<b>Audley's Cardio</b> 9:30am Audley 60m GF		
					<b>Strength Circuit</b> 10am Alex 60m HIT	
	<b>Stretching</b> 11:15am Kasia 60m GF / MB		<b>Stretching</b> 11:15am Kasia 60m GF / MB	<b>Spinning</b> 12:15pm Darrell 45m GF		
<b>Essentrics</b> 12pm Hayley 60m GF		<b>Bootcamp</b> 12pm Julia 60m HIT	<b>High Intensity Workout</b> 12pm Sean 60m HIT	<b>Strength Circuit</b> 12pm Timothy 60m HIT		
	<b>Essentrics</b> 17:45pm Hayley 60m GF		<b>Essentrics</b> 17:45pm Hayley 60m GF			
<b>Complete Body Training</b> 6:00pm Kelly 60m GF		<b>Complete Body Training</b> 6:00pm Kelly 60m GF				

## LEGEND

Group Class Studio

Gym

The Cage (Second Floor)

General Fitness GF

High Intensity Training HIT

Mind & Body MB



FOR ANY QUESTIONS OR COMMENTS CONTACT [INFO@CLUBATWATER.CA](mailto:INFO@CLUBATWATER.CA)  
CLASS MAY BE CANCELLED BASED ON ATTENDANCE.



# GRP.X SCHEDULE

AS OF January 7<sup>th</sup> 2019

## **Audley's Cardio**

Enjoy a wonderfully fun fitness class with one of our most popular instructors. Audley will make you sweat and burn as many calories as you can while having a blast with the group. It is guaranteed to make you move and smile.

## **Body Sculpt**

This class will develop muscle groups you use in every day movements and improve strength, endurance and flexibility. The unique blend of Mind Body and conventional strength/stretching techniques will improve core stability & posture, muscle endurance, flexibility, balance & coordination. The program is designed to make you move through dynamic and fluid sequences for a full body workout. Enjoy greater energy at work and at home!

## **Complete Body Training**

This class is designed to improve cardiovascular endurance and full-body muscle definition. The sequence of intensive exercises has a direct impact on cardiovascular endurance. In addition, these exercises tone and strengthen the muscles of the body. The main focus of this course is burning fat, so get ready to sweat!

## **Power Lunch**

Get the most from your workout time! Based on proven strength training techniques that alternate sets of maximum exertion with periods of rest. Efficient and highly effective—with a blissful endorphin high to boot. Power up!

## **High Intensity Workout**

This class presents various styles of calorie-blasting High Intensity Interval Training and very effective muscle building resistance training, within a fun circuit format that will vary from week to week. You will improve performance in daily/sport activities. Expect to see results in strength, endurance, coordination and agility.

## **Energy Drive**

Get ready to bring the intensity of outdoor cycling to an indoor setting for a fabulous class that will take you on a bike ride that is guaranteed to burn plenty of calories. The instructor guides you on a journey of varied intensity, while assuring that everyone is working hard and using good posture and cycling technique!

## **Essentrics**

Essentrics is a head-to-toe, dynamic stretching workout that safely shapes and rebalances the body. Essentrics conditions not only our muscles but also the bones, joints, and fascia. This unique stretching-in-motion program rapidly creates a long, lean and strong physique with immediate changes to posture. Essentrics' simple circular movements condition our joints, while their pacing and sequencing build and strengthen connections between the body and the brain.

## **Hatha Yoga**

A classic of mind body spirit connection that develops the art of living in the present moment. Beyond better breathing, balance, posture, flexibility, and endurance; it does wonders for concentration, relaxation and overall wellness. A full array of yoga positions will be explored without intimidation, for a very complete and revitalizing session.

## **Cardio Ballet**

Enjoy a playful and exciting class taught by former ballet jazz master, Audley Coley. This class designed to introduce the magic and beauty of dance. There is no need for any prior dance background, as we welcome all to experience the joy of dancing.

## **Spinning**

This high intensity, upbeat class is designed to get you moving fast and sweating buckets. Enjoy fast paced, upbeat tunes that will keep you motivated and energized. Class is appropriate for all fitness levels. This class moves with the music, and the efforts end when the song ends. This class is suitable for all riders, and does not include unsafe movements on the bike such as push ups or lifting light weights.

## **Bootcamp**

A revitalizing class that unites functional movement and body weight exercise, with interval and strength training. In this class we will work on improving our cardiovascular endurance, our balance and coordination, and blast those muscles for a strong and defined finish. Are you up for the challenge? Get ready to sweat!

## **Stretching**

An exploration of stretching and breathing methods, based on the Alexander Technique, which helps you reconnect with your body. You will learn simple and accessible principles for increasing your flexibility and relaxing. This class is open to all levels.

**GF** - Our General Fitness classes are basic, fun and effective workouts that improve cardiovascular endurance and/or provide a total body toning experience; plus stretching. Everyone's welcome!

**MB** - Mind Body classes teach the fundamentals of wellness and functionality: proper breathing, body awareness, controlled movements; they provide functional strength, stability, mobility and stamina. We either focus on the Mind Body "pure" method (Pilates, Yoga...) or combine into a fusion of styles. Everyone benefits! Ask us which style suits your preferences and needs best.

**HIT** - High Intensity Training workouts are down to the point, results-oriented, time-effective... ultimate exercises for conditioning & fat burning! Expect to sweat and be pushed hard by a trainer-instructor that will promote functional training and proper technique, while providing a fun and safe progressive platform. An intermediate level of fitness and coordination is required.

