



GRP.X SCHEDULE

From December 1st until December 21st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Complete Training 7am Kelly	Body Energy Drive Spinning 60m 7am Jack GF	Body Sculpt 7am Kelly	Energy Drive Spinning 60m 7am Kelly GF	Body Sculpt 7am Kelly		
Cardio Ballet 8:30am Audley	60m GF	Cardio Ballet 8:30am Audley	60m GF	Cardio Ballet 8:30am Audley	60m GF	
Audley's Cardio 9:30am Audley	60m GF	Audley's Cardio 9:30am Audley	60m GF	Hatha Yoga 9:35am Marie	Audley's Cardio 9:30am Audley	
					Strength Circuit 10am Alex	Hatha Yoga 60m HIT 10am Marie 60m MB
	Stretching 11:15am Kasia		Stretching 11:15am Kasia			
Essentrics 12pm Hayley	Power Lunch 60m 12pm Gomes GF	Bootcamp 60m 12pm Julia HIT	High Intensity Workout 60m 12pm Sean HIT	Strength Circuit 60m 12pm Timothy HIT		
	Essentrics 17:45pm Havlev		Essentrics 17:45pm Havlev			
Complete Body Training 6:00pm Kelly	60m GF	Complete Body Training 6:00pm Kelly	60m GF			
High Intensity Workout 18:30pm Matt & Nathan	60 m HIT	High Intensity Workout 18:30pm Matt & Nathan	60 m HIT	High Intensity Workout 18:30PM Matt & Nathan	60 m HIT	

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
CLASS MAY BE CANCELLED BASED ON ATTENDANCE.



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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.

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.

