August Group Fitness Schedule

Monday

- 7:00 - 8:00 am Bootcamp
  - Anna - Studio B
- 8:00 - 9:00 am Total Body & Barre Conditioning
  - Claire - Studio B
- 8:30-9:30 am Aquafit
  - Anna - Leisure Pool
- 9:00 - 10:00 am Cardio Kickbox
  - Karrin - Studio B
- 9:30 - 10:30 am Power Yoga
  - Lauren - Studio C
- 10:00 - 10:30 am Strength
  - Karrin - Studio B
- 10:45 - 11:45 am Pilates
  - Lauren - Studio C
- 12:00 - 12:45 pm Strength & Conditioning
  - Katie - Studio B
- 5:00 - 6:00 pm Pain Free Posture
  - Dee - Studio B
- 6:00 - 7:00 pm Cycling
  - Tammar - Studio A

Tuesday

- 6:30 - 7:30 am Cycling
  - Shan - Studio A
- 7:00 - 8:00 am Sunrise Yoga
  - Jordan - Studio C
- 8:00 - 9:00 am Total Body & Barre Conditioning
  - Claire - Studio B
- 8:30-9:30 am Aquafit
  - Karrin - Studio B
- 9:00 - 10:00 am eLIGNABAR®
  - Faye - Studio B
- 10:00 - 10:45 am Stretch & Mobility
  - Faye - Studio B
- 10:30 - 11:30 am Pilates
  - Heagen - Studio C
- 11:05 - 11:45 am LIIT
  - Tammar - Studio B
- 12:00 - 12:45 pm Cycling
  - Tammar - Studio A

Wednesday

- 7:00 - 8:00 am Tabata
  - Laura - Studio B
- 8:00 - 9:00 am Total Body & Barre Conditioning
  - Claire - Studio B
- 8:30-9:30 am Aquafit
  - Karrin - Leisure Pool
- 9:00 - 10:00 am Cardio Kickbox
  - Karrin - Studio B
- 9:30 - 10:30 am Power Yoga
  - Lauren - Studio C
- 10:00 - 10:30 am Strength
  - Karrin - Studio B
- 10:45 - 11:45 am Pilates
  - Heagen - Studio C
- 11:05 - 11:45 am LIIT
  - Tammar - Studio B
- 12:00 - 12:45 pm Strength & Conditioning
  - Megan - Studio B

Thursday

- 7:00 - 8:00 am Sunrise Yoga
  - Jordan - Studio C
- 8:00 - 9:00 am Bosu
  - Faye - Studio B
- 8:30-9:30 am Aquafit
  - Jillian - Leisure Pool
- 9:00 - 10:00 am eLIGNABAR®
  - Faye - Studio B
- 10:00 - 10:45 am Stretch & Mobility
  - Faye - Studio B
- 10:30 - 11:30 am Pilates
  - Heagen - Studio C
- 11:05 - 11:45 am LIIT
  - Tammar - Studio B
- 12:00 - 12:45 pm Cycling
  - Tammar - Studio A

Friday

- 7:00 - 8:00 am Bootcamp
  - Laura - Studio B
- 8:00 - 9:00 am HIIT Cardio
  - Stacie - Studio B
- 8:30-9:30 am Aquafit
  - Laura - Leisure Pool
- 9:00 - 10:00 am Gentle Yoga
  - Kristy/ Shirin-MARC Park
- 10:00 - 10:45 am Stretch & Conditioning
  - Miranda - Studio B
- 10:30 - 11:30 am Pilates
  - Heagen - Studio C
- 11:05 - 11:45 am LIIT
  - Tammar - Studio B
- 12:45 - 1:30 pm Mobility
  - Miranda - Studio B

Saturday

- 8:00 - 9:00 am Bosu
  - Faye - Studio B
- 9:00 - 10:00 am eLIGNABAR® + Pilates
  - Faye - Studio B
- 10:00 - 11:00 am Yoga
  - Stef - Studio C
- 10:00 - 11:00 am Stretch & Roll
  - Faye - Studio B

Sunday

- 4:00 - 5:15 pm Vinyasa Flow Yoga
  - Penny & Laura - Studio C

Virtual

- Wednesday 12:00 - 12:45 pm Yoga
  - Kati

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- NEW 7 am Sunrise Yoga Tuesdays!
- NEW Outdoor Fitness Class @ the PC Sports Complex
  300 Gillmore Way
Class Descriptions

All group fitness classes are open to any level. We have designated some classes as more advanced but this does not preclude a beginner from attending. Please notify the instructor before starting if you are a beginner or first time student. Our instructors are trained professionals and design classes to be safe, however all classes are at your own risk.

**Aquafit** - Fun low impact workouts that build strength, balance, and cardio to good music and good company in the leisure pool.

**Barre** - Barre is low impact and encompasses strength training through isometric movements, high repetition and powerful holds. This full body workout focuses on all the major muscle groups: core, glutes, arms, thighs, and back body resulting in strength, increased flexibility, and improvement with overall posture and balance.

**Bootcamp** - An effective, time-efficient workout blast. This workout builds lean muscle with big multi-purpose moves that work the entire body.

**Bosu** - Join this strength and sculpt class targeting your balance and core on the Bosu for overall great conditioning!

**Cycling** - A stationary bike workout that challenges your cardiovascular abilities. No special gear is needed and cycling knowledge is not a prerequisite. Enjoy a low impact cardio workout that can vary in terrain, strength, and endurance formats.

**eLIGNABAR®** - A fundamental core strength and stability class using the light-weight eLIGNABAR® that promotes correct spinal alignment while targeting core muscles to achieve overall conditioning.

**LIIT** - LOW intensity Interval Training: Same great interval training workout with a more gentle approach to your joints.

**Pain Free Posture** - This class, taught in the egosque method, puts your body into correct postural alignment through a series of exercises that will improve function, reduce compensations, and return your body to its original functional blueprint.

**Pilates** - Pilates improves your core strength, strengthens and lengths the entire body, improves posture, balance, coordination and mind/body awareness.

**Strength Conditioning** - Focus on fundamental movement patterns; squat, hinge, lunge, push, pull, carry and locomotion. These movement patterns build strength and reduce risk of injury.

**Stretch/Mobility/Foam Rolling** - These classes are essential for injury management and sustaining your favorite activities.

**Systema** - Russian Systema is an all-encompassing, practical martial art that is without specific form or tactics. The practice emphasizes natural relaxed movement via breath.

**Total Body & Barre Conditioning** - A dynamic combo of Pilates, Barre, and Strength Conditioning

**Gentle Yoga** - A class designed for first time students and those who enjoy a slower pace. Learn the terminology and cues of yoga while enjoying the benefits of the practice.

**Power Yoga** - Cultivate awareness, mindfulness, and breath on your mat so these attributes become an integral thread in everyday life. You are guaranteed a workout and will feel more empowered upon leaving.

**Vinyasa Yoga** - A mindful class for all levels. Focus on breath and alignment provides students the opportunity to make the class their own. Everyone is welcome!