

GROUP EXERCISE

VAUGHAN ATHLETIC CENTER • SEPT. 14 - NOV. 29, 2020

CLASSES HELD IN STUDIO 1 • CYCLING IN FIELDHOUSE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 a.m.		Body Blitz Ryan	Rep N' Shred Nancy				
5:15 a.m.					Body Blitz LaShawn		
5:30 a.m.	Cycling Kathy						
7 a.m.	Yoga Basics Deb						
7:30 a.m.			Yoga Stretch & Strengthen Annette				
8 a.m.					Vinyasa Yoga Deb		
8:15 a.m.						Step & Sculpt Nancy	
8:30 a.m.	Cycling Ryan						
8:45 a.m.			Tabata ♦ Julie D.				
9 a.m.	Turbo Kick ♦ Gera	Cycling Rebecca		Cycling Jill	Cycling Rebecca/Stacey	Cycling John	Group Strength Joan
				Zumba Charity			
10 a.m.			Total Body Sculpt Ryan				
10:15 a.m.						Gentle Yoga Carla	
10:30 a.m.	Vinyasa Flow Yoga Libby						
11 a.m.		Fit Over 50 Amy J.		Fit Over 50 Amy J.	Functional Fitness Ryan		
4:15 p.m.		Pilates & Restorative Yoga ▶ Judy		Pilates & Restorative Yoga ▶ Judy			
5 p.m.	Group Strength Joan		Group Strength Joan		Body Blitz Joan		
6:30 p.m.	Zumba Bridget			Cycling Melissa			
7 p.m.		Zumba Thandeka	Pilates Bridget				

GROUP EXERCISE AT VAUGHAN

COVID-19 SCREENING

Have you or a member of your household experienced:

- A fever of 100.4°F or higher in the last 14 days?
- Contact with anyone diagnosed with COVID-19 in the last 14 days?
- Any body aches or fatigue that can't be explained?
- An unexplained cough or sore throat?
- A persistent headache in the last 48 hours?

If member has symptoms, they should wait to enter premises until they have been fever-free for at least 72 hours, symptoms have improved and at least 10 days have passed since symptoms first appeared.

Align & Flow Hath Yoga: Improve your strength, stamina, and flexibility! Hatha yoga focuses on the body and breath to relax and ground yourself. This class combines static and flowing poses with alignment tips. All levels welcome.

Ashtanga Yoga: Ashtanga Yoga focuses on a specific sequence of postures which are linked through movement and breath. It is an athletic flow combining strength, flexibility and stamina for a complete practice.

Body Blitz: Take on this challenging full body workout to improve your strength, cardiovascular health and overall fitness ability using a variety of equipment and exercises ranging from traditional strength movements to cardio conditioning exercises.

Cardio Chisel: An energizing cardiovascular and strength workout designed to sculpt and tone your body using a variety of weights and equipment.

Cycling: A dynamic indoor cycling experience on a specially designed stationary bike and set to music. A great non-impact workout for all fitness levels. Follow ride with cooldown and stretch.

Fit Over 50: This class is designed for the active older adult. Exercises will focus on muscle strength, cardio endurance, balance and flexibility. Levels will be offered to meet class members fitness ability.

Functional Fitness: Low-impact cardio activities mixed with functional movement exercises to improve strength, endurance, flexibility and balance. This class is designed for active adults 55 and up, or those looking to make everyday activities easier.

Gentle Yoga: This class is designed for those who want a softer, slower-paced and relaxing practice. It includes careful movements, controlled pressure and well-measured poses.

Group Strength: This class offers effective strength training in a group setting. Get strong by using the straight bars and plates, hand weights, tubes or your own body weight-producing the ultimate workout.

Pilates: Traditional mat class designed to work the body's core, or powerhouse, to improve flexibility and strength.

Pilates & Restorative Yoga: Slow, gentle core work with an emphasis on building strong bones, a healthy spine and greater pelvic stability will start the class. Restorative yoga will help to bring you into a state of body awareness, deep relaxation and the opportunity to release stress.

Rep N Shred: Work up a sweat in this high energy class which mixes high repetition strength work and cardio bursts to provide maximum results class after class!

Strong Body Circuit: Stations will be set up to give you a full-body strength and conditioning workout. A variety of music, equipment and exercises will create a unique and challenging workout.

CLASS FORMAT INFORMATION:

Unmarked classes are one hour in length.

■ 30-minute class

▶ 75-minute class

◆ 45-minute class

💰 Fee-based class

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Tabata: Tabata interval training is one of the most effective types of high intensity interval training. Through a variety of simple, yet intense timed exercises, each class will blast the calories and provide noticeable results in a short amount of time.

Turbo Kick: This fat-blasting, ab-defining cardio workout combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable calorie burn.

Vinyasa Flow Yoga: Suitable for all levels. Follow a carefully balanced sequence of breath-guided postures that teach alignment.

Yoga Basics: Learn the fundamentals of yoga postures, focusing on proper alignment, stretching and breathing through poses appropriate to beginners. No previous yoga training required!

Yoga Stretch & Strengthen: Increase flexibility, develop strength, improve balance and release tension through safe stretching, movement, poses and restorative relaxation.

Zumba®: Ditch the workout and join the party! Zumba is a fun cardio workout with easy-to-follow dance steps inspired by Latin rhythms, featuring “sizzling” south-of-the border moves that are “spicy hot!” Dancer or not, burn calories, work up a sweat and have a great time doing it!

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