

GROUP EXERCISE



VAUGHAN ATHLETIC CENTER • SEPT. 7 - NOV. 28

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 a.m.		Body Blitz Ryan	Rep N' Shred Nancy				
5:15 a.m.	Cycling Ryan			Cycling Ryan	Body Blitz LaShawn		
5:30 a.m.	Chisel Katie						
7 a.m.	Yoga Basics Deb					Barre Katie	
7:30 a.m.			Yoga Stretch & Strengthen Annette		Ashtanga Yoga* Marie ▶		
7:45 a.m.							Restorative Yoga Rose / TBA
8:15 a.m.		STRONG Julie B.		Greatest HIITs Stacy		Step & Sculpt Nancy	
8:30 a.m.	Cycling Ryan						
8:45 a.m.			Tabata Julie D.				
9 a.m.	Power Hour Gera	Barre Body Fusion Stacy • Court 2		Cycling Jill	Cycling Stacey S. Body Blitz Gera	Cycling John N.	Group Strength Joan
9:30 a.m.		Zumba Toning Charity		Zumba Charity			
10 a.m.			Total Body Sculpt Ryan				
10:15 a.m.						Yoga Basics Libby	
10:45 a.m.	Gentle Flow Yoga* ▶ Marie						
11 a.m.		Fit Over 50 Julie D.		Fit Over 50 Amy J.	Functional Fitness Ryan		
3 p.m.		Pilates & Restorative Yoga ▶ Judy		Pilates & Restorative Yoga ▶ Judy			
5 p.m.	Group Strength Joan	Step & Sculpt Paula	Group Strength Joan		Group Strength Joan		
6:30 p.m.	Zumba Bridget			Cycling Melissa Zumba Kelly F.			
7 p.m.		Zumba Thandeka	Pilates Bridget				

CLASS FORMAT INFORMATION:

Unmarked classes are one hour in length.

- 30-minute class
- ▶ 75-minute class
- ◆ 45-minute class
- 💰 Fee-based class

*Class held outside at Harmony Pointe pavilion

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.

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.

Barre: Trim, tighten and tone your entire body with an emphasis on defining your glutes and legs. Barre is a challenging, but low-impact workout with small, controlled movements, isometric holds and high repetition. All levels welcome.

Barre Body Fusion: This class combines the basics of Barre, Pilates, and Yoga. Barre is a challenging, but low-impact workout with small, controlled movements, isometric holds and high repetition. All levels welcome.

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.

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 focus on 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 Flow 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.

Greatest HIITs: Set to an awesome music soundtrack, this class motivates and inspires your interval and strength training with a bit of choreography using a mix of equipment.

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.

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.

Power Hour: An intense total-body workout intended to challenge the body through a variety of methods such as cardio kickboxing, weight training, athletic drills and circuit training. Participants can expect to push themselves to the max and improve overall fitness.

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!

Step & Sculpt: Simple, heart-pumping step aerobics routines combine with strength training intervals to give you a complete cardio and weights workout. This is an excellent cross-training class for all skill and fitness levels.

STRONG: 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 challenging workout.

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.

Total Body Sculpt: This class is an anaerobic, muscle-toning class focused primarily on core and body muscle strength. During the class, you will burn calories and fat, while increasing your overall metabolism through the simple act of building lean muscle.

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!"

Zumba® Toning: Take Zumba to the next level! This combination of cardio and dynamic resistive exercises is an effective use of progressive lightweight training to improve overall performance.