

# GROUP EXERCISE

VAUGHAN ATHLETIC CENTER • NOV. 29 - JAN. 30



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 a.m.		<b>Body Blitz</b> Ryan	<b>Rep N' Shred</b> Nancy				
5:15 a.m.	<b>Cycling</b> Ryan			<b>Cycling</b> Ryan	<b>Body Blitz</b> LaShawn		
	<b>Chisel</b> Chrissa						
7 a.m.	<b>Yoga Basics</b> Deb					<b>Barre</b> Katie	
7:30 a.m.			<b>Yoga Stretch &amp; Strengthen</b> Annette				
7:45 a.m.							<b>Sunrise Flow &amp; Stretch</b> Chrissa
8:15 a.m.		<b>STRONG</b> Julie B.				<b>Step &amp; Sculpt</b> Nancy	
8:30 a.m.	<b>Cycling</b> Ryan			<b>Barre Body Fusion</b> Stacy	<b>Y.E.S</b> Stacy		
8:45 a.m.			<b>Greatest HIITs</b> Stacy				
9 a.m.	<b>Power Hour</b> Gera	<b>Cycling</b> Beth		<b>Cycling</b> Jill	<b>Cycle Fusion</b> Stacey S.	<b>Extreme Cycle</b> John N.	<b>Group Strength</b> Joan
9:15 a.m.						<b>Pilates</b> Bridget	
9:30 a.m.		<b>Zumba Toning</b> Charity		<b>Zumba</b> Charity	<b>Body Blitz</b> Gera		
10 a.m.			<b>Total Body Sculpt</b> Ryan				
10:15 a.m.						<b>Yoga Basics</b> Libby	
10:45 a.m.	<b>Gentle Flow Yoga</b> Deb						
11 a.m.		<b>GOLD Toning</b> Charity		<b>Fit Over 50</b> Amy J.	<b>Functional Fitness</b> Ryan		
3 p.m.		<b>Pilates &amp; Restorative Yoga</b> ▶ Judy		<b>Pilates &amp; Restorative Yoga</b> ▶ Judy			
5 p.m.	<b>Group Strength</b> Joan		<b>Group Strength</b> Joan		<b>Group Strength</b> Joan		
6:30 p.m.	<b>Zumba</b> Bridget			<b>Cycling</b> Melissa			
				<b>Zumba</b> Kelly F.			
7 p.m.			<b>Pilates</b> Bridget				

## CLASS FORMAT INFORMATION:

Unmarked classes are one hour in length.

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

# 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.

**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.

**Cycle Fusion:** This unique class combines cycling and strength training by using bodyweight and light resistance equipment to improve endurance and tone your body.

**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.

**Extreme Cycle:** Whether you're a serious cyclist or just love the calorie burn of Spinning, this is the class for you! This high tempo, sprint, mountain ride will take you to a new level of fitness using cadence, and heart rate drills. Come on in and reap the benefits.

**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.

**GOLD Toning:** GOLD Toning is a modified dance fitness and strength class designed for active older adults. Gold Toning recreates the original moves you love at a lower-intensity. The class introduces easy-to-follow choreography that focuses on balance, range of motion, muscle toning, and coordination.

**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.

**Sunrise Flow & Stretch:** Wake up with energetic flow to kick start your day! This vinyasa class builds strength & flexibility, sharpening your balance & focus. Your breath will guide you in & out of each pose.

**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.

**Y.E.S.:** The most important three words you can say to yourself is "Yes, I can!" Y.E.S. yoga is the perfect combo of building your Yoga, Endurance, and Strength practices, both physically and mentally! This class has all the elements needed to help balance the body and mind. All levels are welcome.

**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.