

GROUP EXERCISE

VAUGHAN ATHLETIC CENTER • JUNE 7 - AUGUST 15



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 a.m.		Body Blitz Ryan	Rep N' Shred Nancy				
5:15 a.m.	Cycling Ryan Chisel Chrissa			Cycling Ryan	Body Blitz LaShawn		
7 a.m.						Barre Katie	
7:15 a.m.	Yoga Basics Deb		Yoga Stretch & Strengthen Annette		Yoga Stretch & Strengthen Annette		
8:15 a.m.		STRONG Nation® Julie B.		Barre Body Fusion Stacy		Step & Sculpt Nancy	
8:30 a.m.	Cycling Ryan		Greatest HIITs ▶ Stacy		Y.E.S. Stacy		
9 a.m.	Power Hour Gera			Cycling Jill	Ride Strong Stacey	Extreme Cycle John N.	Group Strength Joan
9:30 a.m.		Zumba Toning Charity		Zumba Charity	Body Blitz Gera	Pilates Bridget	
10 a.m.			Total Body Sculpt Ryan				
10:30 a.m.	Gentle Vinyasa Yoga Rose					Yoga Basics Libby	
10:45 a.m.		GOLD Toning Charity					
11 a.m.				Fit Over 50 Amy J.	Functional Fitness Ryan		
11:15 a.m.			Gentle Flow & Release Yoga ▶ Marie				
12:15 p.m.					Ashtanga Yoga Half Primary Marie		
3 p.m.		Pilates & Restorative Yoga ▶ Judy		Pilates & Restorative Yoga ▶ Judy			
5 p.m.	Group Strength Joan		Group Strength Joan				
6 p.m.				Zumba Kelly			
6:30 p.m.	Zumba Bridget			Cycling Melissa			
7 p.m.			Pilates Bridget				

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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Ashtanga Yoga Half Primary: Focus on a specific sequence of postures linked through movement and breath. An athletic flow combining strength, flexibility, and stamina for a complete practice.

Barre: Tone with an emphasis on defining glutes & legs. A challenging, but low-impact workout with small, controlled movements, isometric holds & high repetitions. All levels welcome.

Barre Body Fusion: Combine the basics of Barre, Pilates, & Yoga. A challenging, but low-impact workout with small, controlled movements, isometric holds and high repetitions. All levels welcome.

Body Blitz: A challenging full body workout that will improve your overall fitness ability using a variety of equipment & exercises ranging from traditional strength movements to cardio conditioning exercises.

Chisel: A strength training class using compound movements to provide a full body workout using a variety of equipment. No two classes are alike!

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: A calorie burning, high tempo, sprint, mountain ride using cadence, and heart rate drills.

Fit Over 50: Designed for the active older adult. Focus on strength, cardio endurance, balance, and flexibility. Levels will be offered to meet fitness abilities.

Functional Fitness: Low-impact cardio & functional moves to improve strength, endurance, flexibility & balance. Designed for active adults 55+, or those looking to make everyday activities easier.

Gentle Flow & Release Yoga: Balance Yin & Yang with breath guided flow designed to warm & strengthen. Then surrender into part yin/part restorative postures leaving you relaxed & renewed.

Gentle Vinyasa Yoga: Focus on postures held & explored. Breath facilitates movement & helps deepen postures. This produces specific energetic effects in mind & body from highly energizing to deeply calming. Proper alignment & modifications accommodate individual practices.

GOLD Toning: Dance fitness & strength designed for active older adults; recreates the original moves you love at a lower intensity. Easy-to-follow choreography focuses on balance, range of motion, toning, and coordination.

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

Group Strength: Get strong using straight bars and plates, hand weights, tubes, or your own body weight.

Pilates: Traditional mat class designed to work the body's core to improve flexibility & strength.

Pilates & Restorative Yoga: Slow, gentle core work emphasizing building strong bones, a healthy spine & greater pelvic stability to start. Followed by restorative to bring a state of body awareness, deep relaxation & the opportunity to release stress.

Power Hour: An intense total-body workout that challenges the body through a variety of methods to improve overall fitness with cardio kickboxing, weight training, athletic drills, and circuit training.

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!

Ride Strong: This unique class begins with 40 minutes of cycling and finishes with strength training, targeting every muscle group using moderate to heavy weights for a 60-minute total body workout!

Step & Sculpt: Simple, heart-pumping step aerobics routines combined with strength training intervals to give you a complete cardio & strength workout. Excellent cross-training for all skill & fitness levels.

STRONG Nation®: High intensity interval training with the science of Synced Music Motivation using your own body weight for muscle conditioning and cardio. All levels welcome.

Total Body Sculpt: An anaerobic, muscle-toning class focused primarily on core & body muscle strength. Burn calories & fat, while increasing overall metabolism through the simple act of building lean muscle.

Y.E.S.: The most important three words are "Yes, I can!" Y.E.S. yoga is the perfect combo of building your Yoga, Endurance, and Strength practices! 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 for 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! 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.