

Group Fitness Schedule

SEPTEMBER 6 TO
DECEMBER 4, 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Circuit 6:00-7:00	Cyclefit 6:00-6:45		Cyclefit 6:00-6:45			
	Turbo Charged Bootcamp 6:15-7:15	Yoga Strength & Flow 7:00-7:45	Turbo Charged Bootcamp 6:15-7:15	Beginner Bootcamp 6:00-7:00	Turbo Charged Bootcamp 6:15-7:15		
	Gymstick Fitness 8:00-9:00		Gymstick Fitness 8:00-9:00		Gymstick Fitness 8:00-9:00	Yoga Stretch 8:00-9:15	
	Zumba Gold 9:15-10:15	Cardio Strength 9:15-10:15	Strong Bodies 9:15-10:20	Step it Up! 9:15-10:15	Power Step 9:15-10:15		
	Cyclefit 9:15-10:15	Circuit 9:15-10:15	Cyclefit 9:15-10:15	Circuit 9:15-10:15	Cyclefit 9:15-10:15	Circuit Challenge 9:00-10:00	Cyclefit 9:00-10:00
	Circuit Challenge 9:20-10:20		Power Circuit 9:20-10:20		Stroller Baby B'camp 9:30-10:20	Step it Up! 9:30-10:30	Strong Bodies 9:00-10:15
	Yoga Flow 10:30-11:30	Intro to Yoga 10:30-11:30	Yoga Stretch 10:30-11:30	Yoga Flow 10:30-11:30	Yoga Stretch 10:30-11:30	Prenatal Yoga 10:15-11:15	Yoga Flow 10:30-11:30
					Total Body Conditioning 10:30-11:30	Yoga Strength & Flow 10:45-11:45	
Respiratory Conditioning 11:45-12:45	Mom & Baby Yoga 11:45-12:45		Respiratory Conditioning 11:45-12:45		Total Body Conditioning 11:30-12:45		
Afternoon / Evening		Stroller Fitness 1:00-1:50	Tummies for Mommies 12:00-12:30	Mom/Baby Spin & Strength 11:30-12:30	COPD 1:00-3:00		
		COPD 1:00-3:00		Fit Kids 4:00-4:45			Tae Kwon Do 2:00-5:00
	Yoga Stretch 4:30-5:25	Fit Kids 4:00-4:45				Karate 3:00-4:30	Tae Kwon Do 2:00-6:00
		Prenatal Yoga 5:15-6:15		Cyclefit 5:15-6:15	Cyclefit 5:15-6:00		
	Cyclefit Challenge 5:30-7:00	Cyclefit 5:30-6:30	Beginner Bootcamp 5:35-6:30	Intro to Yoga 5:30-6:25	Children's Dance 5:00-5:55		
	Total Body Conditioning 5:35-6:30	Core & Stretch 6:45-7:45	Bike 2 Beat 6:30-7:30	Zumba Gold 6:35-7:30	Beginner Group Cond. 6:45-7:45		
	Step it Up! 6:40-7:35	Step it Up! 6:40-7:35	Circuit 6:40-7:35	Candlelight Yoga 7:40-8:40	Zumba Fitness 7:00-8:00		
	Beginner Group Cond. 6:45-7:45	Gauntlet 7:00-8:00	Beginner Group Cond. 6:45-7:45	Prenatal Fitness 7:40-8:40			
Yoga Flow 7:45-8:40	Yoga Flow 7:45-8:40	Yin Yoga 8:00-9:15	Power Circuit 7:40-8:40				

Revision Date - Nov 10, 2011



FOR MORE INFO GO TO WWW.TONGLOUIEYMCA.ORG

OR CALL 604-575-9622

Studio 1	Gymnasium
Studio 2	Register online or by phone

* indicates a new class/time

DESCRIPTION AND INFORMATION

CLASS NAME

		LEVEL *	Cardio	Strength	Core	Agility	Balance	Flexibility	Relaxation
This class teaches proper form and muscle awareness while performing a variety of basic exercises in a group setting.	BEGINNER BOOTCAMP		x	x	x				
A cyclefit class with drills set to music, be inspired and motivated by the beat.	BIKE 2 BEAT	1-5	x	x					
A great way to finish your day, gentle flow yoga to inspire and relax you.	CANDLELIGHT YOGA	3-5					x	x	x
This class incorporates cardio in any format - hi/lo, step, kickbox. Expect a great cardio workout coupled with strength training for a full hour of fun and fitness	CARDIO STRENGTH	2-5	x	x	x				
This interval training class will challenge both cardiovascular and muscular strength and endurance.	CIRCUIT	2-5	x	x	x				
Experience cardio intervals mixed with strength training drills, challenge your cardiovascular system and your muscular endurance level.	CIRCUIT CHALLENGE	3-5	x	x	x	x			
30 minutes of a sensational core workout, stabilize and strengthen your powerhouse - add another 30 minutes of stretch to complete!	CORE AND STRETCH	1-5		x	x			x	x
Lots of hill work and sprinting drills aimed at a great cardio workout.	CYCLEFIT	1-5	x	x					
Intense 90 minute Keiser Power Bike workout for outdoor riders	CYCLEFIT CHALLENGE	3-5	x	x					
Come and play. Kids age 7-11yrs. Have fun, do exercise, get fit.	FIT KIDS	1-5	x			x	x	x	x
Run the Gauntlet! Class includes cone drills, reaction drills, ladder drills, medicine ball drills and sport-related drills.	GAUNTLET	3-5	x	x	x	x			
A great workout using our Gymsticks® for a complete full body workout. Cardio warm up with drills throughout the class, along with your muscular endurance training.	GYMSTICK® FITNESS	1-3		x	x				
An entry-level gentle yoga class offering modifications and props - working on optimal body alignment in each pose.	INTRO TO YOGA	1-3					x	x	x
Take your circuit workout to the next level, intense drills to improve strength, agility, endurance and power. Finish with a stretch - you're done.	POWER CIRCUIT	3-5	x	x	x				
Detailed and challenging step patterns make for a great workout for the body and mind!	POWER STEP	3-5	x			x			
This class combines choreographed step patterns with muscular endurance and strength training.	STEP IT UP!	3-5	x	x					
An intense strengthening workout which focuses on building and maintaining muscle mass and bone density. Using the stability ball, weights and tubing.	STRONG BODIES	1-5		x	x				
This is a challenging class for those who wish to increase muscular strength. No choreography, just weights, tubing, body bars, balls and more.	TOTAL BODY CONDITIONING	1-5		x	x				
A well-balanced combination of flowing poses of yoga. This class will include balance training, flexibility and relaxation.	YOGA FLOW	1-5					x	x	x
This Intermediate/Advanced class uses dynamic flowing poses to create heat in the body; it will focus on improving strength and flexibility.	YOGA STRENGTH & FLOW	3-5		x	x			x	x
A gentle style class that uses yoga poses to improve flexibility and promote relaxation.	YOGA STRETCH	1-5						x	x
Party yourself into shape! Come and join the party, dance international & latin based moves, it's fun, it's a workout and it's for all levels.	ZUMBA GOLD®	1-5	x						

Class Intensity Levels :

1 = beginner/back to fitness**3 = intermediate****5 = advanced**