

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am-8:00am		CYCLING—Steve 6:30-7:20 Studio 3		CYCLING—Cindy 7:00-7:50 Studio 3			
8:00am-9:00am						ZUMBA—Grace 8:10-9:00 Studio 2/3	MORNING YOGA—Anne 8:10-9:00 Studio 2/3
9:00am-10:00am	DEEP AQUAFIT— Marianne 9:30-10:20 Training Pool	LATIN DANCE CARDIO— Miguel 9:10-10:00 Studio 2	DEEP AQUAFIT— Marianne 9:30-10:20 Training Pool	HATHA FLOW—Anne 9:10-10:00 Studio 2/3	DEEP AQUAFIT— Marianne 9:30-10:20 Training Pool	BARRE—Christine 9:10-10:00 Studio 2/3	CYCLING—Anne 9:10-10:00 Studio 3
10:00am-11:00am	SYNRGY—David 10:10-11:00 Fitness Centre	SYNRGY—Wendell 10:10-11:00 Fitness Centre	ACTIVE AGERS ON WEIGHTS—Marianne 10:30-11:20 Fitness Centre Registration Required	SYNRGY—David 10:10-11:00 Fitness Centre	SYNRGY—Omar 10:10-11:00 Fitness Centre	SYNRGY—Adam 10:10-11:00 Fitness Centre	ZUMBA—Christine 10:10-11:00 Studio 2/3
	PILATES—Sofia 10:10-11:00 Studio 2/3						
11am-12:00pm	HATHA FLOW—Sofia 11:10-12:00 Studio 2/3		TABATA—Cindy 11:10-12:00 Studio 2/3	BETTER BONES—Cindy 11:10-12:00 Studio 2/3	PILATES—Sarah 11:10-12:00 Studio 2/3		
12:00pm-1:00pm	BETTER BONES— Marianne 12:10-1:00 Studio 2/3	PILATES—Sofia 12:10-1:00 Studio 2/3	HATHA FLOW—Ramona 12:10-1:00 Studio 2/3	POWER YOGA—Mary 12:10-1:00 Studio 2/3	TABATA—Cindy 12:10-1:00 Studio 2/3	POWER YOGA—Grace 12:10-1:00 Studio 2/3	
		SHALLOW AQUAFIT— Susan 12:00-12:50 Training Pool					
1:00pm-2:00pm	CYCLING 30 min—Cindy 1:10-1:40 Studio 3	BODY SCULPT—Sofia 1:10-2:00 Studio 2/3		CYCLING 30 min— Madushi 1:10-1:40 Studio 3	BOSU—Marianne 1:10-1:40 Studio 2/3	GENTLE YOGA—Grace 1:10-2:00 Studio 2/3	
2:00pm-3:00pm							HATHA FLOW—Grace 2:10-3:00 Studio 2/3
5:00pm-6:00pm	TOTAL CORE—Leon 5:30-6:00 Fitness Centre		TOTAL CORE—Leon 5:30-6:00 Fitness Centre				
6:00pm-7:00pm	ZUMBA—Tiffany 6:10-7:00 Studio 2/3	HATHA FLOW—Grace 6:10-7:00 Studio 2/3	CYCLING—Lynda 6:10-7:00 Studio 3	ZUMBA—Katie 6:10-7:00 Studio 2/3	SYNRGY—Paul 6:10-7:00 Fitness Centre		
7:00pm-8:00pm	MUSCLEWORKS—Leon 7:10-8:00 Studio 2/3	CYCLING—Anne 7:10-8:00 Studio 3	ZUMBA—Christine 7:10-8:00 Studio 2/3	CYCLING—Anabela 7:10-8:00 Studio 3	ZUMBA—Kristen 7:10-8:00 Studio 1		
8:00pm-9:00pm	VINYASA FLOW—Fahd 8:10-9:00 Studio 2/3	TRACK 101—Tiffany 8:10-9:00 Track	YIN YOGA—Mary 8:10-9:25 Studio 1	TABATA—Tiffany 8:10-9:00 Studio 2/3			
		TAI CHI—Linda 8:10-9:00 Studio 1					
9:00pm-10:00pm		HATHA FLOW—Lori 9:10-10:00 Studio 1	MEDITATION—Mary 9:30-10:00 Studio 1	VINYASA FLOW—Fahd 9:10-10:00 Studio 2/3			

**Legend:
Class Types**

	Cardio Class		Yoga/Pilates
	Resistance Training Class		Fitness Centre
	Registered Class		Aquatics

Please be advised that the group fitness schedule is subject to change.

Active Agers on Weights Is a full body workout in the Fitness Centre that includes core. Feel confident as you work your way around the weight machines under the guidance of a certified instructor. This class will include a standard workout plan for the group so you can easily track your progress and watch your strength improve. *Registration required. Contact: Olivia at ovandenberg@tpasc.ca

Aquafit provides an alternative fitness workout in deep water with progressing exercises in the water to improve core muscle stability, muscle endurance and strength, aerobic endurance and flexibility.

Barre incorporates elements of ballet, Pilates, and Yoga to help achieve a “dancer’s body”—strong, sleek and streamlined. Barre exercises rely on bodyweight for resistance while movement challenges core stability and balance.

Better Bones is a muscular conditioning class with an emphasis on bone health. Stand taller and look lighter with core activation, improved posture and balance and become stronger for activities of daily living.

Bootcamp is a modern fitness phenomenon, yet classic military style workout that gets overall fitness results. This high energy class will test aerobic and anaerobic systems and will leave participants feeling strong and fit.

Bosu® is a strength training class targeting major muscle groups using the BOSU®, various equipment and bodyweight. BOSU® incorporates balance and bursts of cardio into movements intended to help tone all major muscles.

Cycling is a high energy, heart-pumping experience open to spinners of all levels. Classes will help members reach new fitness levels, jump-start a fitness program or serve as a great cross-training tool for existing fitness routines.

Muscleworks is a medium to high intensity muscle strength class tied with core and cardio. By incorporating various weights and equipment, the class focuses on toning, sculpting and strengthening muscles.

Pilates is a form of body conditioning movement that strengthen and stretch muscles to promote complete conditioning. Emphasis is on concentration, smooth controlled movements, correct body alignment, and proper breathing.

Synrgy® is a high intensity bootcamp-style class that will surely have you heart and muscles pumping! Using the Synrgy 360® in the Fitness Centre, participants are taken through a cardio and strength-based circuit that works the entire body.

Tabata is a high intensity conditioning class using the exercise protocol of 20s of work and 10s of rest for 8 rounds. Using a variety of exercises to challenge the whole body, this class will boost your metabolism long after the workout is over.

Tai Chi is a Chinese martial art that is practiced for both its defense training and health benefits. The class includes simple, low impact movements that increases flexibility, balance, range of motion, vitality, relaxation, mental focus, strength and overall well-being.

Total Core is a 30-minute core conditioning class designed to work the entire core musculature, involving the abdominals, back, hip and glute muscles to help develop core stability and strength to be more efficient in everything you do.

Track 101 is an introduction to bodyweight exercises performed on the Indoor Track. Get ready to lunge, squat and sprint your way through this lower body focused workout!

Hatha Flow uses hot energy through dynamic movements to strengthen and warm the muscles and cold energy to bring balance and relaxation to the body. It is a slow flow that is manageable for most beginners.

Power Yoga is a vigorous, fitness-based approach that incorporates the athleticism of Ashtanga with dynamic movements that cultivate strength, balance, flexibility, and focus.

Yin Yoga includes a series of long-held, passive floor poses that mainly target the hips, pelvis, inner thighs and lower spine. Therapeutic yoga is worked in through the use of tennis balls, foam rollers, blocks and straps to help ease pain and discomfort.

Vinyasa Flow is a yoga practice focused on breath-synchronized movements. Each posture links breath with specific movements creating a flow. Prepare to move and sweat.

Zumba® fuses hypnotic Latin rhythms and easy-to-follow moves to create a high energy fitness program. The routines combines fast and slow rhythms and resistance training to tone while burning fat.