

# TPASC Group Fitness Schedule

April 1 – June 23, 2023

Modified classes on Friday, April 7<sup>th</sup> & Monday, May 22<sup>nd</sup>



A PARTNERSHIP OF THE CITY OF TORONTO AND THE UNIVERSITY OF TORONTO SCARBOROUGH

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday												
8:10am – 9:00am		<b>CYCLING</b> With Steve (Studio 2) 8:00 – 8:50		<b>CYCLING</b> With Cindy (Track)	<b>MINDFUL YOGA</b> With Mary (Studio 1)														
9:10am – 10:00am	<b>AQUAFIT</b> With Susan 9:30am – 10:20am	<b>TOTAL BODY</b> With Cindy (Studio 2)	<b>AQUA CORE</b> With Kirill 9:30am – 10:20am	<b>TABATA</b> With Cindy (Studio 2)	<b>AQUAFIT</b> With Lena 9:30 – 10:20	<b>CYCLING</b> With Bela (Studio 2) 9:10 – 10:00	<b>HATHA YOGA</b> With Christine (Studio 2)												
			<b>HATHA YOGA</b> With Christine (Studio 2)																
10:10am – 11:00am	<b>HATHA YOGA</b> With Christine (Studio 2)	<b>HATHA YOGA</b> With Sofia (Studio 2)	<b>BETTER BONES</b> With Tiffany (Studio 2)	<b>PILATES</b> With Sofia (Studio 2)		<b>TOTAL BODY</b> With Hasnain (Studio 2) 10:30 – 11:20	<b>ZUMBA</b> With Shantel (Studio 2)												
11:10am – 12:00pm		<b>PILATES</b> With Sofia (Studio 2)	<b>ZUMBA</b> With Tiffany (Studio 2)	<b>HATHA YOGA</b> With Sofia (Studio 2)	<b>BARRE-PILATES</b> With Lena (Studio 2)		<b>SYNRGY</b> With Hasnain (FC)												
12:10pm – 1:00pm	<b>SYNRGY</b> With Hristos (FC)	<b>SHALLOW AQUAFIT</b> With Susan 11:30-12:20	<b>SYNRGY</b> With Hristos (FC)	<b>SYNRGY</b> With Ignacia (FC)	<b>ACTIVE AGERS</b> With Lena (FC)	<b>POWER YOGA</b> With Mary (Studio 2)													
		<b>TOTAL CORE – 30 MIN</b> With Hristos (FC)		<b>GENTLE YOGA</b> With Anne (Studio 2)	<b>HATHA YOGA</b> With Grace (Studio 2)														
6:10pm – 7:00pm	<b>ZUMBA</b> With Katie (Studio 2)	<b>ZUMBA</b> With Shantel (Studio 2)	<b>CYCLING</b> With Lynda (Track)	<b>ZUMBA</b> With Kristen (Studio 1)	<table border="1"> <tr> <td></td> <td>Cardio Class</td> <td></td> <td>Aquatics</td> </tr> <tr> <td></td> <td>Resistance</td> <td>"FC"</td> <td>Fitness Centre</td> </tr> <tr> <td></td> <td>Yoga/Pilates</td> <td colspan="2">*Studios are located on level 3</td> </tr> </table>				Cardio Class		Aquatics		Resistance	"FC"	Fitness Centre		Yoga/Pilates	*Studios are located on level 3	
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	Resistance	"FC"	Fitness Centre																
	Yoga/Pilates	*Studios are located on level 3																	
<b>CYCLING</b> With Cindy (Track)																			
7:10pm – 8:00pm	<b>TOTAL BODY</b> With Lynda (Studio 2)	<b>CYCLING</b> With Bela (Track)	<b>TOTAL BODY</b> With Lynda (Studio 2)	<b>TAI CHI</b> With Linda (Studio 1)															
		<b>BARRE</b> With Mary (Studio 2)																	
8:10pm – 9:00pm		<b>HATHA YOGA</b> With Mary (Studio 2)																	
		<b>MEDITATION</b> With Mary (Studio 2) 9:00-9:30pm																	

**PLEASE PRE-REGISTER FOR CLASSES TO SAVE YOUR SPOT**  
Registration opens 48 hours before the class start time.  
Register through the app or at <https://tpasc.ezfacility.com/Sessions>

# Class Descriptions

**Aqua Power** provides a moderate-to-high intensity workout that includes a combination of exercises to increase strength and endurance for the entire body. A variety of equipment (provided) is used to create resistance in the water. This class takes place in deep water.

**Aqua Motion** is designed to improve flexibility, range of motion strength, muscle tone and cardiovascular endurance by using the resistance of the water. Exercises are performed to lively, motivating music and are effective and easy to follow. This class takes place in deep water.

**Better Bones** is a muscular conditioning class taught by a Bone Fit trained instructor. Stand taller and look lighter with core activation, improved posture and balance and become stronger for activities of daily living.

**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.

**\*NEW\* Mindful Yoga** can promote happiness through the practice of being present while using see, hear, and feel techniques. This class begins with simple yoga movements to relax before moving into meditation focused on being intensely aware of what you are sensing and feeling in the moment without interpretation or judgement.

**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.

**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.

**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.