

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 7:50am				CYCLING—Cindy 7:00-7:50 Studio 3			
8:00 - 8:50am					PILATES—Sarah 8:00-8:50 Studio 1	ZUMBA—Grace 8:00-8:50 Studio 2	MORNING YOGA—Anne 8:00-8:50 Studio 2
9:00 - 9:50am	DEEP AQUAFIT— Marianne 9:30-10:20 Training Pool		DEEP AQUAFIT— Marianne 9:30-10:20 Training Pool	HATHA FLOW—Anne 9:00-9:50 Studio 1	DEEP AQUAFIT— Marianne 9:30-10:20 Training Pool	BARRE—Christine 9:00-9:50 Studio 2	CYCLING—Anne 9:00-9:50 Studio 3
10:00 - 10:50am	SYNRGY—David 10:00-10:50 Fitness Centre	SYNRGY—Lawrence 10:00-10:50 Fitness Centre		SYNRGY—David 10:00-10:50 Fitness Centre	SYNRGY—Omar 10:00-10:50 Fitness Centre	SYNRGY—Adam 10:00-10:50 Fitness Centre	ZUMBA—Christine 10:00-10:50 Studio 2
	PILATES—Sofia 10:00-10:50 Studio 1						
11:00 - 11:50am	HATHA FLOW—Sofia 11:00-11:50 Studio 1						
12:00 - 12:50pm	BETTER BONES— Marianne 12:00-12:50 Studio 1	PILATES—Sofia 12:00-12:50 Studio 1	HATHA FLOW—Ramona 12:00-12:50 Studio 2/3	POWER YOGA—Mary 12:00-12:50 Studio 1	TABATA—Cindy 12:00-12:50 Studio 1	VINYASA FLOW—Fahd 12:00-12:50 Studio 2	
		SHALLOW AQUAFIT— Susan 12:00-12:50 Training Pool					
1:00 - 1:50pm	CYCLING 30 min— Marianne 1:15-1:45 Studio 3	BODY SCULPT—Sofia 1:00-1:50 Studio 1	CYCLING 30 min—Olivia 1:15-1:45 Studio 3		BOSU—Marianne 1:00-1:30 Studio 1	GENTLE YOGA—Lori 1:00-1:50 Studio 2	
2:00 - 2:50pm							HATHA FLOW—Bobbi 2:00-2:50 Studio 2
5:00 - 5:50pm	TOTAL CORE—Leon 5:30-6:00 Fitness Centre		TOTAL CORE—Leon 5:30-6:00 Fitness Centre				
6:00 - 6:50pm	ZUMBA—Melissa 6:00-6:50 Studio 2/3	HATHA FLOW—Anne 6:00-6:50 Studio 2	CYCLING—Lynda 6:00-6:50 Studio 3	CYCLING—Cindy 6:00-6:50 Studio 3	SYNRGY—Paul 6:00-6:50 Fitness Centre		
		BOOTCAMP—Tiffany 6:30-7:20 Outside					
7:00 - 7:50pm	MUSCLEWORKS—Leon 7:00-7:50 Studio 2/3	CYCLING—Anne 7:00-7:50 Studio 3	ZUMBA—Christine 7:00-7:50 Studio 2	ZUMBA—Katie 7:00-7:50 Studio 2			
8:00 - 8:50pm	VINYASA FLOW—Fahd 8:00-8:50 Studio 2/3	TAI CHI—Linda 8:00-8:50 Studio 2	YIN YOGA—Mary 8:00-9:15 Studio 1	STRONG BY ZUMBA— Grace 8:00-8:50 Studio 2			
		TRACK 101—Tiffany 8:00-8:50 Track					
9:00 - 9:50pm		HATHA FLOW—Lori 9:00-9:50 Studio 2	MEDITATION—Mary 9:20-9:50 Studio 1	VINYASA FLOW—Fahd 9:00-9:50 Studio 2			

**Legend:**

**Class Types**

- Cardio Class
- Fitness Centre—  
Resistance Training
- Resistance Training  
Class
- Aquatics
- Yoga/Pilates

Please be advised that the group fitness schedule is subject to change. The most updated version is on the website:  
<http://www.tpasc.ca/view/tpasc/about-tpasc-1/master-calendar>

**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 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.

**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.