

GROUP FITNESS SCHEDULE

EFFECTIVE Jan, 3rd 2012

(250) 769-5117

www.bodyfitkelowna.ca



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
6:00 AM Cycle Ira (45 min)		6:00 AM Cycle Chris (45 min)		6:00 AM Cycle Ira (45 min)	NEW 8:15 AM Early Bird Yoga Carol (60 min)	
9:00 AM STEP Ira (60 min)	9:00 AM Sculpt Cory (60 min)	9:00 AM Hi-Low Colleen (60 min)	9:00 AM Interval Step & Strength Cory (60 min)	9:00 AM Sculpt Ira (60 min)	9:00 AM Cycle Plus Chris (60 min)	
10:15 AM Cycle Sonya (45 min)	10:15 AM All in One Marcia (60 min)	10:00 AM ABC Colleen (30 min)		10:15 AM Gentle Cycle Chris (45 min)	10:00 AM Zumba® Ileana (60 min)	10:00 AM Cycle Plus Clint (60 min)

EVENING			
5:15 PM Yoga Core Cheryl (60 min) upstairs			
5:30 PM Sculpt Sonya (60 min)	NEW 5:30 PM TKO Ira (60 min)	5:30 PM Sculpt Judy (60 min) OR Cycle Plus Clint (60 min)	NEW 5:30 PM STEP Ira (60 min)
6:15 PM Cycle & Core Rox (75 min)	6:30 PM ABC Ira (30 min) OR Cycle Plus Chris (60 min)	6:30 PM Zumba Ileana (60 min)	6:30 PM Cycle & Core Sonya (60 min)
	NEW 7:00 PM Ashtanga Inspired Vinyasa Flow Yoga Marlene (90 min) Upstairs		NEW 7:30 PM Ashtanga Inspired Vinyasa Flow Yoga Marlene (75 min) Upstairs

WINTER 2012 HAPPY NEW YEAR!

Looking forward to enjoying a happy and healthy new year with all of you!! There have been a couple time changes to make the schedule flow a little better. As well keep your eyes and ears open for the new Belly Fit program that will be coming very soon we are just firming up a day and time for this new exciting class!

Comments/Feedback?
Please email your Group Fitness Director
Ira McNamara.
ira@bodyfitkelowna.ca

***Cycle Classes require reservations-up to 24 hours in advance**
***Yoga Classes require reservations-up to 1 week in advance**

Group Fitness Class Descriptions

Sculpt... strength and muscular endurance training in a group setting. This popular format utilizes balls, tubing and weights to challenge all major muscle groups. Learn new exercises that can be used in your own weight training program, plus valuable alignment/safety and technique tips. No cardio or choreography.

Step.... A cardio class using the step to create a variety of movements and choreography. Usually topped of with muscle conditioning or core exercises.

Interval Step & Strength combines basic step moves with strength and cardio intervals.

ABC ...Abs Butts and Core a thirty minute challenging workout for abdominals, low back and core stabilizers. It is not just all about the 6 pack, this class focuses on developing a better awareness of all the muscles that make up your core! It is recommended that participants warm up prior to class with a minimum of 5 minutes of cardio.

Boot Camp ... from athletic drills to strength-based movements, this high energy class is designed to give participants a great cardio and strength workout, with minimal choreography.

Cycle*... 45 minutes of pure exhilaration!!! The ultimate cardio workout uses drills and intensity variations that will improve cardio level and challenge even the most fit participants. Any level is welcome – you make the ride as hard as you want it to be. Reservations required. Cycle Plus – 60 minutes for experienced riders and those looking for a longer cardio challenge. The 'Gentle Cycle' – 45 minutes of a more moderately paced class, perfect for 50 Plus members, beginners, or those that would just enjoy a less intense ride with a longer stretch at the end.

Cycle & Core*...the perfect combo class! Start with a 45 minute ride, then it's off to the group fitness studio for 30 minutes of abdominal and low back exercises to strengthen the core. Finish with a relaxing stretch! Express Cycle & Core offers 30 minutes of cycle and 15 minutes of core. Our 60 minute class is 40minutes of cycle followed by 20 minutes of core.

Hi Low...cardio class using no step. This class will give options for all levels, including low impact and high impact. You never have to perform high impact movements to get a good workout!!!

All-In-One For Everyone...the name says it all!!! Low impact aerobics, combined with strength training and then finishing with a Pilates stretch. All ages and fitness levels will enjoy the benefits of this class - it's also great for new exercisers or anyone that would prefer a low impact workout.

Ashtanga Inspired Vinyasa Flow Yoga" - You will be lead through a series of strong, powerful postures that flow one to the next lead by the rhythm of your breath. Students will develop strength and flexibility as we refine the alignment of the poses and focus on the breath and muscle development. An exploration of the mind, body and emotional connection will be experienced by coordinating the movement of the asanas (poses) with the pranayama (the breath) leaving you feeling rejuvenated and inspired!

Zumba®...fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.

TKO...is a kickboxing inspired cardio workout. Using kickboxing and martial arts movements this class will get your heart beating. This 60 minute cardio class ends with martial arts inspired muscle conditioning and core training.

PLEASE NOTE:

- **FOR THE SAFETY AND CONSIDERATION OF ALL PARTICIPANTS, NO LATE ENTRY WILL BE ALLOWED DURING OUR GROUP FITNESS CLASSES. WHEN SPACE PERMITS, A 5 MINUTE GRACE PERIOD WILL BE PERMITTED, AT THE INSTRUCTOR'S DISCRETION.**
- **DURING BUSY TIMES, SPACE MAY BE LIMITED – IN THE EVENT OF A FULL CLASS, PARTICIPATION WILL BE ALLOWED ON A 'FIRST COME' BASIS. IF NECESSARY, PHONE IN RESERVATIONS WILL BE ESTABLISHED. ANY CHANGES WILL BE POSTED ON OUR GROUP FITNESS BOARD.**
- ***CYCLE CLASSES REQUIRE RESERVATIONS. PHONE UP TO 24 HOURS PRIOR TO CLASS. ONE RESERVATION PER PHONE CALL AND PLEASE PHONE IF YOU ARE NOT GOING TO MAKE IT. PLEASE BE ADVISED THAT WE HOLD RESERVATIONS ONLY UP TO 5 MINUTES AFTER CLASS START TIME, IN ORDER TO ALLOW WAITING-LIST RIDERS AN OPPORTUNITY TO PARTICIPATE. CYCLE CLASSES ARE 45 MINUTES IN LENGTH UNLESS OTHERWISE NOTED. PHONE IN FOR MONDAY 6:00PM CLASS FROM 3:00PM SUNDAY PREVIOUS.**
- **PLEASE NOTE THAT CLASSES MAY BE CANCELLED IF MINIMUM SIZE REQUIREMENTS ARE NOT MET. BODYFIT RESERVES THE RIGHT TO MODIFY THIS SCHEDULE AS NECESSARY DUE TO CLASS SIZE AND/OR INSTRUCTOR AVAILABILITY. WHENEVER POSSIBLE, NOTICE WILL BE POSTED IN THE CLUB PRIOR TO ANY CHANGES OCCURRING.**
- **PROPER FOOTWEAR IS REQUIRED FOR ALL CLASSES. BAREFEET ONLY IN YOGA.**
- **NO GUM CHEWING.**
- **NO PERFUMES OR SCENTED BODY LOTIONS.**
- **PLEASE – NO CELL PHONES.**
- **PLEASE ADVISE INSTRUCTOR OF ANY HEALTH LIMITATIONS PRIOR TO TAKING ANY CLASSES.**

