

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:45 – 11:45 am	Barre – focussing on posture, form and mobility	Gentle Fitness		Gentle Fitness	
11:45 – 12:45 am				20/20/20 -20 min. Cycle -20 min Strength -20 min Stretch w/ Yoga Flow	
12:30 – 1:30 pm	Total Body Conditioning -includes 15 min. circuit training to get the blood pumping!	20/20/20 -20 min. Cycle -20 min Strength -20 min Stretch w/ Yoga Flow	Total Body Conditioning -includes 15 min. circuit training to get the blood pumping!		Holistic Restorative Movement -Yoga/Pilates/ Tai Chi/ Qi gong (Pam)
5:30 – 6:30 pm	Spin – Cycle/ Stretch/Strength (Josette)		Spin + Boot Camp		

Class Descriptions

20/20/20

In 20/20/20 you will experience a well rounded hour hitting all the major food groups of fitness! Cardio, resistance training and stretching. The class starts with 20 minutes of spinning intervals on the bikes, followed with a 20 min circuit using a mix the machines on the main floor and Dumbbells and then ending with 20 minutes of yoga flow and stretching. All levels welcome!

Gentle Fit

In Gentle fit you will start warmup on the wall. A lot of focus in this class is on postural alignment and moving through the staple stretches and foundational movements with assistance from the wall for support. Then light resistance through use of Dumbbells, bender balls and tubing is added to these moments, then onto floor for some Pilates inspired movements to focus on the hips, Gluts and Abs. To end the session we lay in Shavasana for total relaxation! A perfect way to start your day. This class is low impact class meant for the older population at the University Club of Toronto.

Total Body Conditioning

In total body conditioning you will start with some basic warm up movements to work on mobility of the shoulders, neck, spine and hips. Then some dumbbell work the on the foundational movements of the upper and lower body (ie shoulder press, squats and lunges) paying close attention to form. Then it's GO TIME! A 15 min circuit with 8-12 stations to get heart rate up and the blood pumping! Ended with a cool down stretch! All levels welcome!

Barre

In Barre class we focus on form and posture. We use very specific exercises to combat the dreaded sitting position. Too much sitting causes our shoulders to constantly roll forward, the head to tilt of axis, overly slacks out our backs and severely weakens the glute muscles. We will use some weights, bender balls and borrow concepts from traditional ballet training to reinforce positive posture and correct alignment. You will sweat in this class! All levels welcome!

Holistic Restorative Movement (Pam Friday at 12:30 pm)

The class blends elements of Yoga, Pilates, Tai Chi and Qi gong. Participants may see improved muscular function, better control of motion and better body awareness. This Class offers a physical challenge while focusing on mobility, strength and control. All levels welcome!

Spin + Stretch and Strength (Josette Monday at 5:30 pm)

This class is a great all in one workout! This class takes you through a 30 min interval spin and a 30 min stretch and strength using various equipment and your own body weight. This class reinforces proper alignment while strengthening and toning your muscles.