



Group Fitness Schedule — February 2012

(Effective February 1st to February 29th, 2012)

All classes are **55 minutes** unless otherwise noted



Discover the Experience!

Group Fitness FEBRUARY 2012



14111 Regional Road 50 N, Bolton
(905) 857-3313

Hours of Operation:

Monday—Friday 5:45am—11:00pm
Saturday & Sunday 7:00am—9:00pm

www.caledoncentre.ca



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:15am	Bootcamp *	Spin * (45 min)	Metabolic Training	Spin (45 min)	Bootcamp *	8:00am	Spin	
						8:30am		Spin
9:15am	Step it Up (75 min)	20/20/20	Sculpt	Zumba	Bootcamp *	9:00am	Metabolic Training	Relaxation Yoga
					Step Interval (75 min)			
9:30am	Spin	Spin	Spin	Spin	Spin	10:00am	Pilates	Zumba & Sculpt
10:45am	Forever Fit *	Pilates	Forever Fit Fusion	Relaxation Yoga	Forever Fit Plus	<p><u>Holiday hours this month:</u></p> <p>Monday Feb. 20, 2012 Open regular hours All Fitness classes cancelled</p> <p>* indicates the class is held in the gymnasium</p> <p>* indicates a new class or new timeslot</p> <p>Please alert your instructor if you are new to the class or require assistance modifying exercises.</p>		
12:00pm	Relaxation Yoga							
4:30pm	Spin		Spin					
5:30pm	Sculpt	Hard Core	Zumba *	Spin	Bootcamp *			
			Kickboxing *					
6:00pm	Spin		Spin					
6:30pm	Bootcamp	Power Yoga	Bootcamp	Step it Up	Zumba *			
		Spin		Spin				
7:00pm			Spin					
7:30pm	Kickboxing *	Hard Core Express (30 min)	Step it Up	Relaxation Yoga				
8:30pm	Pilates							

Group Fitness Benefits Guide

CLASS	DESCRIPTION	A Great Place to Start	Weight Loss & Burn Fat	Endurance	Strength	Flexibility & Mobility	Cardio	Reduce Stress	Posture	Coordination	Osteoporosis Prevention	Core Strength	Tone Upper Body	Tone Lower Body
20/20/20	A combination class involving aerobic activity combined with intense muscle conditioning. Enjoy 20 minutes of low impact aerobics, kickboxing combos and muscle conditioning exercises. A great workout that will challenge your entire body.		😊	😊	★		😊	★	★	😊	★	★	★	★
Bootcamp	The ultimate full body workout! A combination of callisthenics, military-style drills and muscular conditioning exercises to provide an easy-to-follow yet challenging workout. Engage your major muscles and cardiovascular system into high gear!		😊	😊	★		😊	★	★	★	★	😊	★	★
Forever Fit Series	FOREVER FIT: This gentle low-impact workout will improve your balance, strengthen your heart and get you standing taller through postural work. A great choice for new participants! No mat work. FOREVER FIT + : A regular Forever Fit class with an extra challenge using medicine and stability balls. FOREVER FIT FUSION: Similar to Forever Fit with the use of dynabands and stability balls. No shoes required. Mat work is involved.	✓		★	★	★	★	★	★	★	★	★	★	★
Hard Core	The ultimate abdominal and core stability workout! The goal of core stability is to maintain a solid foundation, stabilize your spine and transfer energy from the centre of the body out to the limbs. HARDCORE EXPRESS : 30 minute workout—quick, focused workout for your abs, glutes and back		😊	😊	★		★	★	★	★		😊	😊	
Kickboxing	This combination of boxing and mixed martial arts techniques designed to improve cardiovascular endurance while strengthening and toning the entire body		😊	😊	😊		😊	★	★	★	★	★	😊	
Metabolic Training	Interval training at its best! Increase caloric expenditure and boost metabolism in a motivating group atmosphere. One minute of cardio followed by one minute of strength - a total body workout. You are sure to see results!		😊	😊	😊		😊	★	★	★	★	★	😊	
Pilates	A fusion of western and eastern philosophies designed to help improve muscle control, flexibility, coordination, muscled strength and tone using regular mat exercises along with light weights and functional training equipment.		★	★	★	★		★	😊	😊	★	😊	★	★
Sculpt	An integrated muscle conditioning class using your own body resistance, hand weights, body bars and bands to strengthen and tone your entire body. The main focus of this class is muscle endurance and definition.		★	★	😊			★	★	★	😊	★	😊	😊
Spin	Indoor cycling at its best! A motivating cardio workout that takes you over hills, jumps and various other terrain for a high-intensity workout that is good for all fitness levels.	✓	😊	😊			😊	★		😊		★		★
Step it Up	An energizing cardio class that involves stepping up and down on an adjustable platform using simple movements on, over and around the step. Core work to follow. Exciting choreography and high intensity moves provide a challenging workout!		😊	😊			😊	★		😊		★		★
Relaxation Yoga	A gentle, non-competitive class designed to relieve tension and stress through breathing techniques, stretching, postures and meditation. Take some time to stretch and relax – You deserve it!	✓		★	★	😊		😊	😊			★	★	★
Power Yoga	A brisk yoga class where the pace flows vigorously through the poses. Focuses on fundamental actions - sun salutations, strengthening standing poses and seated poses that enhance flexibility and core strength.	✓		★	★	😊		😊	😊	★		😊	★	★
Zumba	This dance inspired cardio workout uses traditional cumbia, salsa, samba and merengue music with a combination of Latin rhythms and red-hot international dance steps. Ditch the workout & join the party!		😊	😊		★	😊	★		😊		★	★	★