



Summer 2017 Schedule

LifeFIT on Riverside Drive

June 25 to September 3, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am to 7:15am			SpinFIT				
8:30am to 9:30am			Tai Chi Beginner				
9:00am to 10:00am						SpinFIT	
9:00am to 10:00am						Bamboo Barre	
9:15am to 10:15am	Interval	FusionFIT	Cardio Party	Bamboo Barre	MuscleFIT		
9:30am to 10:30am	SpinFIT		SpinFIT		SpinFIT Endurance		MuscleFIT
10:15am to 11:15am						FusionFIT	
10:30am to 11:30am	Tai Chi Level 2	Muscle & Movement		Muscle & Movement			
12:00pm to 12:50pm		Step & Core	MuscleFIT	Zumba			
12:15pm to 1:00pm	AquaFIT		AquaFIT		AquaFIT		
5:15pm to 6:00pm		AquaFIT		AquaFIT			
5:30pm to 6:30pm	Bamboo Barre	SpinFIT & Yoga	FusionFIT	SpinFIT			

Civic Holiday Schedule

Civic Holiday

The following classes will be offered on Monday, August 7, 2017

9:15am – Interval
and 9:30am – SpinFIT

All other classes on the schedule will be cancelled.

Specialty & Wellness Programs: Please see reverse for program information.
Specialty & Wellness Programs requires separate registration

Location

			
SpinFIT area in LifeFIT Centre	LifeFIT Studio	West Gym	RA Outdoor Pool

Class descriptions

Bamboo Barre

Bamboo Barre is a high energy, low impact fitness class that fuses together a variety of exercises and poses from yoga, Pilates and ballet to bring you a workout that improves posture, strength, flexibility and balance. The motivating and upbeat music controls the rhythm of the class as each muscle group is individually targeted in a series of isometric movements followed by a sequence of stretches to elongate your muscles and increase flexibility.

Cardio Party

Satisfy your cardio and dance fix with our Cardio Party. An hour of dance based fun and cardiovascular training all rolled into one. All levels welcome.

FusionFIT

This class is a blend of traditional Yoga and Pilates movements that will improve skeletal posture, strengthen muscles and work the core.

Interval

A multi-level class alternating between strength training and cardio drills with the option to work at your own level.

MuscleFIT

This class focuses on strengthening all the major muscle groups, on improving your musculature and the overall performance of your functional movement. The class will incorporate the use of STEPS, hand weights, body bars, tubing and the stability ball.

Muscle & Movement

Gentle low impact aerobics followed by muscle toning using various equipment. These classes are perfect for those who have joint instability, heart or medical conditions.

SpinFIT

Enjoy our indoor cycling program with the best combination of motivation and music to keep you fit. Bikes can be reserved up to one week ahead. Please call the LifeFIT staff at 613-733-5100 ext. 312 to reserve your bike.

SpinFIT Endurance

An endurance based class focusing on increasing aerobic capacity.

SpinFIT & Yoga

1 hour special class that revs up the heart and relaxes the muscles. WOW! A 30-minute spin workout with intensity options that are perfect for all levels of participants, followed by 30 minutes of athletic based yoga stretches.

StepFIT & Core

A multi-level class using a step platform throughout the cardiovascular segment. Core strength, targeting the muscles in the torso, will also be included.

Tai Chi

This special class will focus on Tai Chi fitness. Enjoy a gentle way to tone and strengthen your body as well as improve concentration, coordination and balance. Class will progress throughout a series of movements.

Zumba

An hour long class for those who want to have fun and get a great workout! This Latin infused cardio class is enjoyable and easy to follow. It's a dance party!

Work with a LifeFIT Personal Trainer*



Three-hour introductory package at the special price of \$145 *plus taxes.*

For information or to book your free consultation, contact the LifeFIT Centre personal trainers at 613-733-5100 (ext. 312).

Did you know?

Having a personal trainer has several advantages – trainers can provide motivation, professional expertise, and personalized attention; all key components of reaching your personal health and fitness goals. If you want to rehabilitate muscles, lose weight, get healthy and/or get stronger, hiring a personal trainer can be a step in the right direction.