

**GROUP FITNESS (Included in LifeFIT Membership)**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:30am				<b>Bootcamp</b> Level 2-3			
9:00-10:00am	<b>Muscle &amp; Movement</b> Level 1-2		<b>Total Body Bar Workout</b> Level 1-3		<b>Muscle &amp; Movement</b> Level 1-2		
9:30-10:30am		<b>FusionFIT</b> Level 1-2		<b>FusionFIT</b> Level 1-2			<b>Bootcamp</b> Level 2-3
9:45-10:30am	<b>BodyFIT Barre</b> Level 2	<b>Intervals</b> Level 2-3	<b>SpinFIT</b> Level 1-3	<b>Tabata</b> Level 2-3			
10:30-11:30am	<b>Tai Chi</b> Level 2		<b>Tai Chi</b> Level 1		<b>FusionFIT</b> Level 1-2		
12:00-12:30pm		<b>Rebuilder</b> Level 1-2		<b>Rebuilder</b> Level 1-2			

LOCATION	LifeFIT Studio	West Gym	Dojo	Spinning Area-LifeFIT Centre
LEVEL GUIDE	Level 1 – Entry Level/Gentle	Level 2 – Progressive with Modifications	Level 3 – High Intensity with Modifications	

**\*\*\*Classes and locations are subject to change. Please see the website for daily updates and booking information.**  
[www.racentre.com/GroupFIT](http://www.racentre.com/GroupFIT)

**CLASS DESCRIPTIONS**

**Barre Tone** - A class that focuses on functional movements, full range of motion and alignment. Improves body awareness and balance.

**Boot Camp** - Advanced athletic training for participants who want to “go hard” and who are ready to challenge their muscles and cardio vascular performance. INTERMEDIATE or ADVANCED level only.

**FusionFIT** - Stress buster #1 – This is a relaxing mind and body class that is designed to improve posture, muscular strength and flexibility as well as overall wellbeing. No experience necessary. Come and feel welcomed by the music and the movement.

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

**Muscle & Movement** - Do you need a “hit” of nostalgia. This class offers great music, and very low intensity cardio, with options for mobility, followed by functional large muscle strengthening and a thorough relaxing stretch. A bit of a classic....it feels so good!

**Rebuilder Series** - Are you searching for an exercise program that can help prevent pain, build up the soft tissue supporting primary joints, is taught at a pace that is progressive for beginners and works towards adding new exercises and challenges when you are ready? The Rebuilder Series will start with the very basics of form and function, so that you can move into the Fitness Centre or on to other classes with confidence.

**SpinFIT** - Enjoy our indoor cycling program with the best combination of motivation and music to keep you fit.

**Tabata** - A high-intensity strength and cardiovascular training class that will push your body. This class will utilize a variety of intervals to increase your aerobic capacity, anaerobic capacity and resting metabolic rate.

**TaiChi** - Traditional Wu Style Tai Chi class that is fantastic for your brain and body. Participants will be guided through this class with great care to improving muscle strength, endurance and flexibility, as well as exercising the memory for brain health.

**Total Body Bar Workout** - This is a new class that is taking the fitness industry by storm... The emphasis is on posture to prevent pain and to rebuild muscular endurance that supports functional movement.



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