



Spring 2024 Schedule

April 2 to June 28, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-8:15am			SpinFIT John			
9:00-10:00am	MuscleFIT Sylvie	Cardio/ Strength/ Stretch Christine	MuscleFIT Mona	Cardio/ Strength/ Stretch Laura	CoreFIT Anna/Nathalie	
9:30-10:30am	SpinFIT Lourdes (9:30 - 10:15am)	StrongWomen™ Keira (\$)		StrongWomen™ Keira (\$)	SpinFIT Lourdes (9:30 - 10:15am)	
10:30-11:30am	Taiji Alain	CoreFIT Jill	Novice Taiji Alain	FusionFIT Julianna	Taiji Alain	Workout of the Day Keira
10:45-11:45am	Hatha Yoga Julianna (\$)	Stronger You Keira (\$)		Stronger You Keira (\$)	Yoga for Mobility Anna/ Nathalie (\$)	Yoga Flow Chantale (\$) (10:30 - 11:30am)
12:00-1:00pm	StrongWomen™ Anna (\$)				StrongWomen™ Anna (\$)	
1:15-2:15pm	Stronger You Anna (\$)				Stronger You Anna (\$)	
5:30-6:30pm		Hatha & Yin Yoga Tracy (\$)		Hatha Yoga Chantale (\$)		

*Classes and locations are subject to change

Location

LifeFIT Studio
West Gym
LifeFIT Centre

Important Notes:

- There will be no classes on Saturday May 18 & Monday May 20 (Victoria Day Weekend)
- SpinFIT classes may be reduced or cancelled after the May long weekend (May 18-20).

Class Descriptions Spring 2024

GroupFIT

Cardio/Strength/Stretch

Reap the benefits of a class that does it all. Cardio may be choreographed, drills, intervals (take a chance) followed by strength work for major muscle groups and a well deserved stretch at the end of class.

CoreFIT

This class will help you strengthen your abdominals, back, shoulders, hips and legs, as well as improve posture, flexibility and balance.

FusionFIT

This relaxing mind and body class takes from a few disciplines (Yoga, Pilates) and is designed to improve posture, muscular strength and flexibility as well as overall wellbeing. No experience necessary.

MuscleFIT

A full body workout to build strength and lean muscle!

SpinFIT

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

Taiji

Traditional Wu Style Taiji 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.

Novice Taiji

Wednesdays are the place to start if you are just exploring this type of movement. Once you have the basics under your belt, dig a little deeper in either the Monday or Friday classes.

Workout of the Day

Join our trainer every Saturday for our Workout of the Day. The workout will be in the fitness facility and will change every month. Each workout will be posted in the fitness centre so once you have figured it out, you can do it again on your own.



Specialty Fitness & Wellness

StrongWomen Stream

StrongWomen™ (\$)

The StrongWomen™ class is designed for women with little or no experience with strength training who are interested in improving health, getting stronger, gaining confidence, and enjoying social connectedness.

Stronger You (\$)

Have you completed our StrongWomen™ program or do you have a bit of strength training in your past? Then Stronger You is for you! Building on the skills and strength you have already gained, our certified trainer will help you to progress safely through exercises as you add weight and complexity.

Yoga Stream

Hatha Yoga (\$)

This class will slow down a little and allow you to spend longer in some of the postures. Classes will emphasise simplicity, repetition, and breath work as a means to increasing physical mobility and mental calm. Great for long term Yogis and those just getting started. Please bring a mat.

Hatha & Yin Yoga (\$)

This class starts with traditional Hatha Yoga, focusing on musculature. At the half way point, the focus will switch to Yin Yoga and will target your deep connective tissues (fascia, ligaments, and joints). The slower pace allows you stretch and lengthen those rarely-used tissues while also teaching you how to breathe through discomfort and sit with your thoughts. Please bring a mat.

Yoga Flow (\$)

Release tension and feel refreshed in this class for all bodies. The focus of the practice will be on linking breath to movement, creating a flow of postures that enhance flexibility and strength. Our Flow practice can add a cardiovascular component which is not always present in other forms of Yoga. Please bring a mat.

Yoga for Mobility (\$)

This class will combine Hatha Yoga with some Flow and Restorative poses to offer a perfect balance of active mobility combined with gentle flexibility. It is ideal for anyone looking for an upbeat practice that includes targeted joint work. Great for people who participate in sports/activities that require strength, flexibility as well as balance. This class replaces Yoga for Curlers. Please bring a mat.

Yoga Multi-Pass

Become a VIY (Very Important Yogi)

Registering for one of our Yoga classes? Pay an extra \$30 and upgrade to our new Multi-Pass.

This allows you to drop in to any other yoga classes on the schedule. Add more Yoga to your week and more flexibility to your schedule! *Pass is valid during the Spring Session (April 2 - June 28, 2024)*