

RA LifeFIT

Winter 2023 Schedule

January 9 to April 3, 2023

	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 Wanda	CoreFIT Anna	SpinFIT John
9:30-10:30am	SpinFIT Lourdes	StrongWomenTM (\$) Debbi		StrongWomenTM (\$) Debbi	SpinFIT Lourdes	
10:30-11:30am	Taiji Alain	CoreFIT Keira/Nathalie	Novice Taiji Alain	FusionFIT Julianna	Taiji Alain	
10:45-11:45am	Yoga (\$) Julianna	Stronger You (\$) Debbi	FusionFIT Thu	Stronger You (\$) Debbi		
12:00pm-1:00pm		Circuit Training Matt				
5:30-6:30pm			Box 101 (\$) Matt			

**Classes and locations are subject to change*

Location

LifeFIT Studio

West Gym



Winter 2023 Class Descriptions



Box 101

This intro to boxing will provide you with basic skills in stance, punches and kicks. We provide the equipment; you bring the energy.

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.

Circuit Training

“Go hard” as an individual (at your personal station) and challenge both strength and cardiovascular performance. INTERMEDIATE to ADVANCED level.

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.

Hatha Yoga

In this class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated.

Kettlebells 101

This class combines functional, compound exercises such as “the swing,” “the clean” and “the press” that will work multiple muscle groups.

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.

StrongWomen™

This 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

Building on the work you did in StrongWomen, offering different exercises, the chance to increase the weight you are lifting and the complexity of exercises.

