

## AECA 2019-20 Fall-Winter-Spring Fitness Schedule

Fall sessions run either 12 or 14 weeks. Winter/spring sessions is scheduled to run from Jan. 12 to May 16, 2019 for 16 weeks. There will be no classes Feb. 15 to 20, 2019 and Apr. 11 to 16, 2019. Once these programs have been advertised, registration is ongoing in the AECA office during office hours.

### Core/Cardio

Monday @ 7:00 p.m. to 8:00 p.m. \$65.00/\$140.00

16 spots available

Instructor - Wendy/Mary Anne S/Marianne B

Sept. 16 to Dec. 16 (12 wks) \*AECC Infill\*

Rev up your Core with Cardio intervals. Exercises to enhance your core's strength and stability using body weight, stability ball, weights and stretches. This class is what you need to achieve your core goals.

### Fitness yoga

Mondays 6:00 p.m. to 7:00 p.m. \$65.00/\$140.00

16 spots

Instructor - Nicole

Sept. 16 to Dec. 16 (12 wks) \*Dance Studio \*

This class is a combination of yoga and exercise and is suitable for all levels. Yoga movements and poses will incorporate light weights, stability balls, bosu balls, bolsters and yoga straps. The class will strengthen and tone the muscles, improve flexibility and balance, and promote healthy posture. There will also be a relaxation component to calm the mind and reduce stress. Part of the class will be a movement style with flow followed by a slower mindful relaxation segment. Please bring a blanket, water and yoga mat. If you don't have a mat there are some available for you to use.

### Barre Above

Tuesdays 7:00 p.m. to 8:00 p.m. \$75.00/\$150.00

13 spots

Instructor - Traci

Tuesdays 7:00 to 8:00 p.m.

Sept. 17 to Dec. 17 (14 wks) \*Dance Studio \*

A no - to low impact class that will focus on functional movements, full range of motion and alignment. It is a muscular, strength, and endurance class which combines Yoga, Pilates, and Ballet using a barre, light dumb bells, gliding discs, resistance bands, and body weight. This class will be held in the dance studio which has a barre along a mirrored wall. This class is for all levels.

### Adult Zumba

Tuesday 7:00 p.m. to 8:00 p.m. \$75.00/\$150.00

Sept. 17 to Dec. 10 (13 wks) \*Jack Mackenzie gym\*

Thursday 7:00 to 8:00 p.m. \$75.00/\$150.00

Sept. 19 to Dec. 12 (13 wks) \*St. Gabriel gym\*

30 spots

Instructor – Sharlene

Perfect for Everyone! Each Zumba® class is designed to bring people together to sweat it on. Take the “work” out of workout, by mixing low intensity and high intensity moves for an interval style, calorie burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise!

Super effective? Check. Super fun? Check and check! A total workout combining all elements of fitness — cardio, muscle conditioning, balance and flexibility, boosted energy and a serious

dose of awesome each time you leave class! Perfect for ages 14 - 85 years! Please remember to bring a water bottle and a small towel.

#### Total Body Sculpt

Sunday 10:00 am to 11:00 am \$60.00/\$135.00

16 spots

Instructor - Miranda

Sept. 15 to Dec. 15 (11 wks) \*AECC Infill \*

Tuesday 7:00 p.m. to 8:00 p.m. \$75.00/\$150.00

16 spots

Instructor - Wendy

Sept. 17 to Dec. 17 (14 wks) \*AECC Infill\*

Total Body Sculpt is a non-aerobic, muscle-toning class with a focus on core strength. This sculpting class uses body weight, exercise bands, or dumbbells, or a combination of these gadgets to tighten and tone all areas. You perform traditional weight-training moves in a class setting. A challenging yet easy to follow workout that is suitable for all ages.

#### Core/Stretch

Saturdays 9:00 am to 10:00 am \$60.00/\$135.00

16 spots

Instructor - Traci

Sept. 14 to Dec. 14 (11 wks) \*AECC Infill\*

A 60-minute class that will target each of the major muscles groups following some gentle mobilising movements to warm the muscles. ... A strong, flexible core underpins almost everything you do. A dynamic flexibility class with simple stretching and postural focus.

#### Power Walk/Run

Saturdays 10:00 am to 11:15 am \$75.00/\$155.00

16 spots

Instructor – Traci

Sept. 14 to Dec. 14 (11 wks) \*AECC Infill\*

Start your weekend with a BANG! This high energy class alternates running / walking with strength training that will provide a full body workout incorporating all major muscle groups. Improve your balance, shape, and strength using weights, stability balls, bosu balls, and bands. This class is suitable for all levels

#### Cardio Sculpt

Wednesdays 6:00 p.m. to 7:00 p.m. \$75.00/\$150.00

16 spots

Instructor – Chrystal

Sept. 18 to Dec. 18 (14 wks) \*AECC Infill\*

Cardio Sculpt includes a combination of muscle conditioning exercises utilizing hand weights, steps with intervals of high and low impact cardiovascular exercises for a fun, calorie-blasting workout. While the strength circuits of this fitness program focus on a different set of muscle groups, the cardio intervals can change week by week and range from low cardio intensity exercises.

#### PiYo Live

Wednesdays 7:15 p.m. to 8:15 p.m. \$75.00/\$150.00

16 spots

Instructor – Chrystal

Sept. 18 to Dec. 18 (14 wks) \*AECC Infill\*

Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

#### Butts & Gutts

Thursdays 7:00 p.m. to 8:00 p.m. \$75.00/\$150.00

16 spots

Instructor – Marianne B/Miranda

Sept. 19 to Dec. 19 (14 wks) \*AECC Infill \*

Fun class dedicated to toning of your abs and glutes with targeted movements and cardio. Class will focus on core strengthening to build muscle tone, in addition will target your quads, hamstrings, and lower back for functional movements, with various equipment.

#### YOGA - Flow into Connection

Mondays 7:15 p.m. to 8:15 p.m. \$110.00/\$230.00

15 spot

Instructor - Sasha

Sept. 16 to Dec. 16 (12 wks) \*Jack Mac Dance \*

Plan to sweat, smile, and emerge renewed in this class. We will work on body awareness, linking breath with movement, to become your ultimate expression. Unleash your inner yogi and return to your true nature – Joy! Come to connect. Come to breath. Come to fly. All levels and ages welcome!

#### YOGA - Continuing

Tuesdays 9:15 am to 10:15 am \$120.00/\$240.00

15 spots

Instructor - Sharma

Sept. 17 to Dec. 17 (14 wks) \*AECC MP Room\*

Cultivate self awareness through yoga practice. Using the body as a workshop, explore body, mind and breath at your own level. Students practice being present to all sensations of change in the body and end the class with relaxation.

#### YOGA - Vinyasa/Flow Multi-level

Wednesdays 9:30 am to 10:30 am \$120.00/\$240.00 15 spots

Instructor - Sharma

Sept. 18 to Dec. 18 (14 wks) \*AECC MP Room\*

Vinyasa Flow is connecting breath with movement. Sharma's teaching philosophy is focused on providing the tools for students to compassionately connect with the needs of their body. Practicing from a place of honor and well-being she weaves her love of mindful meditation throughout her classes. This class is good for all levels.

#### YOGA - Gentle Beginner

Wednesdays 6:15 p.m. to 7:15 p.m. \$120.00/\$240.00

15 spots

Instructor - Sharma

Sept. 18 to Dec. 18 (14 wks) \*Jack Mac Dance \*

Thursdays 10:30 am to 11:30 am \$120.00/\$240.00

15 spots

Instructor - Sharma

Sept. 19 to Dec. 19 (14 wks) \*AECC MP Room\*

Cultivate self awareness through yoga practice. Using the body as a workshop, explore body, mind and breath at your own level. Students practice being present to all sensations of change in the body and end the class with relaxation

YOGA - Power Vinyasa/Flow

Wednesdays 7:30 p.m. to 8:30 p.m. \$120.00/\$240.00

15 spots

Instructor - Sharma

Sept. 18 to Dec. 18 (14 wks) \*Jack Mac Dance\*

Power Vinyasa Flow Yoga is a powerful, energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements. This type of yoga is a vigorous and revitalizing form of physical fitness.

YOGA - Mindfulness yoga

Thursdays 9:15 am to 10:15 am \$120.00/\$240.00

15 spots

Instructor - Sharma

Sept. 19 to Dec. 19 (14 wks) \*AECC MP Room\*

Practice to settle the busy mind by focusing on the breath and body. We will move very slowly and gently in class bringing present moment awareness to the subtle energy of the body as we hold and explore all sensations. As well as learning how to relax the body and mind in times of stress and tension.

YOGA - Vinyasa/Flow Multi-level

Thursdays 7:00 p.m. to 8:00 p.m. \$120.00/\$240.00

15 spots

Instructor - Chelsea

Sept. 19 to Dec. 19 (14 wks) \*Dance Room \*

This class based in flowing movements will connect you with your breath as you build strength and endurance, develop your core awareness and improve your balance and posture. Come prepared to sweat, laugh and challenge yourself with playful asanas and breath work that will leave you feeling balanced and at ease.