

Core/Cardio –

Monday @ 7:15 pm to 8:15 pm \$85.00 * 12 spots available*

January 14 to May 13, 2019 – 16 weeks ** Infill **

No classes February 18 & April 22

-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 to 7:00 pm \$85.00 * 10 spots available*

January 14 to May 13, 2019 – 16 weeks ** Infill **

No classes February 18 & April 22

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 to 8:00 pm \$85.00 * 10 spots available*

January 15 to May 14, 2019 – 16 weeks ** Dance Studio **

No classes February 19 & April 23

- is 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 dumbbells, 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 to 8:00 pm \$85.00 *16 spots available*

January 15 to May 14, 2019 – 16 weeks ** Jack Mackenzie gym **

No classes February 19 & April 23

Thursday 7:00 to 8:00 pm \$85.00 *11 spots available*

January 17 to May 16, 2019 – 16 weeks ** St. Gabriel gym**

No classes February 21 & April 25

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 old! Please remember to bring a water bottle and a small towel.

Total Body Sculpt

Sunday 10:00 to 11:00 am \$85.00 *5 spots available*

January 13 to May 12, 2019 ** AECC Infill **

No classes February 17 & April 21

Tuesday 7:00 to 8:00 pm \$85.00 * 0 spots available*

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 to 10:00 am \$85.00 * 11 spots*

January 12 to May 11, 2019 - 16 wks ** AECC Infill **

No classes February 16 & April 20

A 60min *class* that will target each of the major muscle 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 to 11:15 am \$92.00 * 6 spots available*

January 12 to May 11, 2019 - 16 wks ** AECC Infill **

No classes February 16 & April 20

-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

20/20/20 -

Wednesdays 6:00 to 7:00 pm \$85.00 * 15 spots*

January 16 to May 15, 2019 - 16 wks ** AECC Infill **

No classes February 20 & April 24

Three workouts in one! The 20/20/20 class is designed to give you the ultimate challenge and total body workout. Sweat through 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching and core work. Are you ready for the challenge?

PiYo Live -

Wednesdays 7:00 to 8:00 pm \$85.00 * 14 spots available*

January 16 to May 15, 2019 - 16 wks ** AECC Infill **

No classes February 20 & April 24

- 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.

YOGA - Flow into Connection

Mondays 7:15 to 8:15 pm \$140.00 * 6 spots available*

January 14 to May 13, 2019 – 16 weeks ** AECC MP Room **

No classes February 18 & April 22

- 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 breathe. Come to fly. All levels and ages welcome!

YOGA - Continuing

Tuesdays 9:15 to 10:15 am \$140.00 * 8 spots available*

January 15 to May 14, 2019 – 16 weeks ** AECC MP Room **

No classes February 18 & April 23

- 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 to 10:30 am \$140.00 * 13 spots available*

January 16 to May 15, 2019 – 16 weeks ** AECC MP Room **

No classes February 19 & April 24

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 to 7:15 pm \$140.00 * 12 spots available*

January 16 to May 15, 2019 – 16 weeks * Jack Mac Dance **

No classes February 20 & April 24

Thursdays 10:30 to 11:30 am \$140.00 * 14 spots available*

January 17 to May 16, 2018 – 16 weeks ** AECC MP Room **

No classes February 21 & April 25

-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 to 8:30 pm \$140.00 * 3 spots available*

January 16 to May 15, 2019 – 16 weeks * Jack Mac Dance **

No classes February 20 & April 24

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 to 10:15 am \$140.00 * 12 spots available *

January 17 to May 16, 2018 – 16 weeks ** AECC MP Room **

No classes February 21 & April 25

-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 to 8:00 pm \$140.00 * 4 spots available*

January 17 to May 16, 2018 – 16 weeks) ** Dance Room **

No classes February 21 & April 25

-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.