

Core/Cardio –

Monday @ 7:15 pm to 8:15 pm \$65.00/\$140.00 * 16 spots*

September 17 to December 17 (12 wks) ** Infill **

No classes October 8 & November 12

-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 \$65.00/\$140.00 * 16 spots*

September 17 to December 17 (12 wks) ** Infill **

No classes October 8 & November 12

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 \$75.00/\$150.00 * 16 spots*

September 16 to December 16 (14 wks) ** Dance Studio **

- 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 \$75.00/\$150.00 *20 spots*

September 18 to December 18 (14 wks) ** Jack Mackenzie gym **

Thursday 7:00 to 8:00 pm \$75.00/\$150.00 *20 spots*

September 20 to December 20 (14 wks) ** St. Gabriel gym**

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 \$65.00/\$140.00 *16 spots*

September 16 to December 16 (12 wks) ** AECC Infill **

No classes October 7 & November 11

Tuesday 7:00 to 8:00 pm \$75.00/\$150.00 * 16 spots*

September 16 to December 16 (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 to 10:00 am \$65.00/\$140.00 * 16 spots*
September 15 to December 15 (12 wks) ** AECC Infill **
No classes October 6 & November 10

A 60min *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 to 11:15 am \$80.00/\$160.00 * 16 spots *
September 15 to December 15 (12 wks) ** AECC Infill **
No classes October 6 & November 10

-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 \$75.00/\$150.00 * 16 spots*
September 19 to December 19 (14 wks) ** Infill **

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 \$75.00/\$150.00 * 16 spots*
September 19 to December 19 (14 wks) ** 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.

BellyFit -

Thursdays 7:00 to 8:00 pm \$75.00/\$150.00 * 16 spots*
September 20 to December 20 (14 wks) ** Infill **

By blending the power & wisdom of ancient practices, with the research, technology and trends of the modern world, Bellyfit® classes offer much more than just 'a workout'. Bellyfit® classes offer a full body, full of spirit, extraordinary exercise experience inspired by dance, fitness and Yoga.

YOGA - Flow into Connection

Mondays 7:15 to 8:15 pm \$110.00/\$230.00 * 15 spots*
September 17 to December 17 (12 wks) ** Jack Mac Dance
**No classes October 8 & November 12

- 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 to 10:15 am \$120.00/\$240.00 * 15 spots*
September 18 to December 18 (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 to 10:30 am \$120.00/\$240.00 * 15 spots*
September 19 to December 19 (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 to 7:15 pm \$120.00/\$240.00 * 15 spots*
September 19 to December 19 (14 wks) ** Jack Mac Dance **
Thursdays 10:30 to 11:30 am \$120.00/\$240.00 * 15 spots*
September 20 to December 20 (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 to 8:30 pm \$120.00/\$240.00 * 15 spots*
September 19 to December 19 (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 to 10:15 am \$120.00/\$240.00 * 15 spots *
September 20 to December 20 (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 to 8:00 pm \$120.00/\$240.00 * 15 spots*
September 20 to December 20 (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.

YOGA - Vinyasa yoga

Sunday @ 9:00 am to 10:00 am \$100.00/\$235.00 * 15 spots*
September 16 to December 16 (12 wks) ** Dance Studio **

No classes October 6 & November 10

-Vinyasa yoga is a great morning workout ending the class with some yin style poses and 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.