

GROUP FITNESS

SCHEDULE EFFECTIVE SEPTEMBER 20TH

FALL 2021

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM			SPRINT + CORE CYCLE STUDIO RYAN 5:30 - 6:15	BODYPUMP STUDIO 1 TONY 5:30 - 6:15	TABATA STUDIO 1 RYAN 5:30 - 6:15	CYCLE CYCLE STUDIO RYAN 5:30 - 6:15	
7:30 AM		CYCLE CYCLE STUDIO KAREN 7:30 - 8:15		CYCLE CYCLE STUDIO BRONWEN 7:30 - 8:15	IGNITE STUDIO 1 BEN 7:30 - 8:15	RHYTHM RIDE CYCLE STUDIO SUE 7:30 - 8:15	
8:30 AM	ZUMBA STUDIO 3 KONI 8:30 - 9:15	FUSION LITE STUDIO 3 SARAH 8:30 - 9:15	AQUAFIT POOL KATHLEEN 8:30 - 9:30	AQUAFIT BOOTCAMP POOL KATHLEEN 8:30 - 9:15	AQUAFIT POOL CAROLYN 8:30 - 9:30	AQUAFIT POOL KATHLEEN 8:30 - 9:30	AQUAFIT POOL BEN 8:30 - 9:30
	BODYCOMBAT STUDIO 1 CRIS 8:30 - 9:15	CARDIO STRENGTH MIXER STUDIO 1 KATHLEEN 8:30 - 9:15	CIRCUIT TRAINING OUTDOORS BRONWEN 8:30 - 9:15	BODYPUMP STUDIO 1 SUE 8:30 - 9:15	CIRCUIT TRAINING OUTDOORS SUE 8:30 - 9:15	BODYPUMP STUDIO 1 SUE 8:30 - 9:15	BODYPUMP STUDIO 1 TONY 8:30 - 9:15
9:30 AM	BARRE FUSION STUDIO 3 KONI 9:30 - 10:30	BODYPUMP STUDIO 1 BRONWEN 9:30 - 10:15	BODY FLOW STUDIO 3 SARAH 9:30 - 10:15	POWER YOGA STUDIO 3 AMY 9:30 - 10:30	STRETCH-ROLL-RECOVER STUDIO 3 AMY 9:30 - 10:30	YOGA STUDIO 3 HEATHER 9:30 - 10:30	CYCLE CYCLE STUDIO TONY 9:30 - 10:15
	SPRINT + CORE CYCLE STUDIO CRIS 9:30 - 10:15		CYCLE OUTDOORS BRONWEN 9:30 - 10:15		CARDIO STRENGTH MIXER STUDIO 1 KATHLEEN 9:30 - 10:15		YOGA STUDIO 3 HEATHER 9:30 - 10:30
5:00 PM				AQUAFIT POOL CAROLYN 5:00 - 5:45			
5:30 PM	YOGA STUDIO 3 SARAH 5:30 - 6:30	YOGA STUDIO 3 AUBREY 5:30 - 6:30	CYCLE/CORE OUTDOORS SUE 5:30 - 6:15	PILATES STUDIO 3 JAYNE 5:30 - 6:30			
6:30 PM		BODYPUMP STUDIO 1 CRIS 6:30 - 7:30	YOGA STUDIO 3 SARAH 6:30 - 7:30	IGNITE STUDIO 1 BEN 6:30 - 7:15	YOGA STUDIO 3 CAROL 6:30 - 7:30		
					BODYPUMP STUDIO 1 CRIS 6:30 - 7:15		

FITNESS KEY

- STUDIO 1
- CYCLE STUDIO
- STUDIO 3
- POOL
- OUTDOORS
- LIVE STREAM

INFO

- All classes 45min or 60min.
- Registration required.
- Limited spots available per class
- Register on the app.
- Livestream available for all classes in Studio 1 + Studio 3.

REGISTRATION IS REQUIRED FOR ALL CLASSES
LIVESTREAM AND RECORDED CLASSES AVAILABLE ON DAXKO

CLASS DESCRIPTIONS

AQUAFIT (POOL)

A total body workout that will get you running & kicking in the water.

AQUAFIT BOOTCAMP(POOL)

Advanced- High-intensity- high energy aquafit cardio workout

BARRE/BARRE FUSION (STUDIO 3 or LIVESTREAM)

A class combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training

BODYPUMP (STUDIO 1, LIVESTREAM, OR OUTDOORS)

A strength training class using barbells that focuses on endurance as well as strength. Light to moderate weight with high repetitions all choreographed to highly motivating music.

BODYCOMBAT (STUDIO 1 or LIVESTREAM)

An energy-packed mix of martial arts moves that will get you fit, fast and strong—and leave you feeling fierce and empowered.

BODYFLOW (STUDIO 3 or LIVESTREAM)

You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

CARDIO STRENGTH MIXER (STUDIO 1 OR LIVESTREAM)

A 45 minute mixture of cardio and strength done your way. You choose! Cardio with or without the step. Strength with or without weights. Effective, functional and fun!

CIRCUIT TRAINING (OUTDOORS)

An efficient workout that integrates strength, balance & cardio that will challenge your entire body

CYCLE (CYCLE STUDIO)

Challenging and rewarding workout on indoor bikes with inspiring music.

CYCLE COLE (CYCLE STUDIO + STUDIO 1)

30 minute high energy cycle ride followed by 15 minutes of core work.

FUSION LITE (STUDIO 3 OR LIVESTREAM)

Coming back to the club? Need a class to refresh and ease back into your new routine? This class will involve stretching, core, balance and light strength training.

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LIVESTREAM AND RECORDED CLASSES AVAILALE ON DAXKO

IGNITE (STUDIO 1, LIVESTREAM, OR OUTDOORS)

Come fire up your metabolism, torch calories and build strength, stamina and confidence using various intervals and circuits.

PILATES (STUDIO 3 OR LIVESTREAM)

Strength and flexibility training focusing on the core and mind body awareness.

POWER YOGA (STUDIO 3 OR LIVESTREAM)

An energetic, athletic paced vinyasa flow. Focus on your breath, strength and using internal heat to build endurance. Complimentary movements for an active lifestyle.

RHYTHM RIDE (CYCLE STUDIO)

This 45 minute ride is high energy and high -intensity. Rhythm based choreography will challenge your cardiovascular system as well as test your core strength. The ride will incorporate full body dynamic movements to push your limits using dumbbells, varied intervals, and multi-directional movements.

SPRINT + CORE (CYCLE STUDIO + STUDIO 1)

SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout on the bike followed by 15 minutes of core work.

STRETCH-ROLL-RECOVER (STUDIO 3 OR LIVESTREAM)

Come stretch & roll stiff and tight muscles due to overtraining or inactivity. This class will aid in recovery and increase range of motion and flexibility.

TABATA (STUDIO 1, LIVESTREAM, OR OUTDOORS)

A high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds.

YOGA (STUDIO 3, LIVESTREAM, OUTDOORS)

High energy flow class moves at a brisk pace and incorporates all areas of practice: standing poses and balances, back bends, hip openers, arm balances, core toning and floor work.

ZUMBA

A Latin-inspired dance fitness class with body-moving music make this a dynamic, exciting and effective fitness system. By combining varying rhythms that tone & sculpt, you achieve a balance of cardio and muscle toning benefits. Dance moves are easy to follow and may include salsa, meringue, hip-hop, calypso, cubia, quebradita, country, rock, flamenco, and belly dancing (to name a few!). Its exercise in disguise!