

GROUP FITNESS

SCHEDULE EFFECTIVE JUNE 1

SUMMER 2021

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM			SPRINT + CORE CYCLE STUDIO RYAN 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	AQUAFIT POOL AUBREY 8:30 - 9:15	FUSION LITE STUDIO 3 SARAH 8:30 - 9:15	AQUAFIT POOL KATHLEEN 8:30 - 9:30	FUSION LITE STUDIO 3 CAROL 8:30 - 9:15	AQUAFIT POOL CAROLYN 8:30 - 9:30	AQUAFIT POOL KATHLEEN 8:30 - 9:30	BODYPUMP STUDIO 1 TONY 8:30 - 9:15
	BODYCOMBAT STUDIO 1 CRIS 8:30 - 9:15		CYCLE CIRCUIT CYCLE STUDIO BRONWEN 8:30 - 9:15	BODYPUMP STUDIO 1 SUE 8:30 - 9:15	FUSION PLUS OUTDOORS SUE 8:30 - 9:15	BODYPUMP STUDIO 1 SUE 8:30 - 9:15	
9:30 AM	YOGA OUTDOORS AUBREY 9:30 - 10:30	BOOTCAMP OUTDOORS BRONWEN 9:30 - 10:15	FUSION PLUS OUTDOORS BRONWEN 9:30 - 10:15	POWER YOGA STUDIO 3 AMY 9:30 - 10:30	PILATES STUDIO 3 AMY 9:30 - 10:30	YOGA OUTDOORS DORE 9:30 - 10:30	CYCLE CYCLE STUDIO TONY 9:30 - 10:15
	SPRINT + CORE CYCLE STUDIO CRIS 9:30 - 10:15	CARDIO STRENGTH MIXER STUDIO 1 KATHLEEN 9:30 - 10:15			CARDIO STRENGTH MIXER STUDIO 1 KATHLEEN 9:30 - 10:15	ZUMBA STUDIO 1 KONI 9:30 - 10:15	
5:30 PM	YOGA STUDIO 3 SARAH 5:30 - 6:30	YOGA STUDIO 3 AUBREY 5:30 - 6:30	ZUMBA STUDIO 1 KONI 5:30 - 6:15	PILATES STUDIO 3 JAYNE 5:30 - 6:30	SPRINT + CORE CYCLE STUDIO CRIS 5:30 - 6:15		
		AQUAFIT POOL DORE 5:30 - 6:30	BOOTCAMP OUTDOORS BEN 5:30 - 6:15	AQUAFIT POOL CAROLYN 5:30 - 6:30			
6:30 PM		BODYPUMP STUDIO 1 CRIS 6:30 - 7:15	YOGA STUDIO 3 SARAH 6:30 - 7:30		YOGA STUDIO 3 CAROL 6:30 - 7:30		

<p>FITNESS KEY</p> <ul style="list-style-type: none"> ● STUDIO 1 ● CYCLE STUDIO ● STUDIO 3 ● POOL ● OUTDOORS ● LIVE STREAM 	<p>INFO</p> <ul style="list-style-type: none"> • 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
 NO LATECOMERS ADMITTED TO CLASSES
 LIVESTREAM AND RECORDED CLASSES AVAILALE ON DAXKO

CLASS DESCRIPTIONS

AQUAFIT (POOL)

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

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.

BOOTCAMP (STUDIO 1, LIVESTREAM, OR OUTDOORS)

A progressive strength and conditioning program. Single station, minimal equipment, full body interval circuits.

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.

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!

CYCLE (CYCLE STUDIO + STUDIO 1)

Challenging and rewarding workout on indoor bikes with inspiring music.

CYCLE CIRCUIT (CYCLE STUDIO)

This class will start with a high energy 20-30 minute Cycle ride followed by a 15-20 minute Strength Circuit. Get your cardio and strength workout in 45 minutes!

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.

FUSION PLUS (STUDIO 1, LIVESTREAM, OR OUTDOORS)

A class dedicated to strengthening and toning all your muscles using a variety of weight training equipment, including stability & medicine balls, dumbbells, steps and bands! Targets every major muscle group & ends with abdominal work and stretching.

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)

Challenging and rewarding workout on indoor bikes with inspiring music.

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!

**REGISTRATION IS REQUIRED FOR ALL CLASSES | NO LATECOMERS ADMITTED TO CLASSES
LIVESTREAM AND RECORDED CLASSES AVAILALE ON DAXKO**