



GROUP FITNESS PROGRAMS


All programs are designed so that individuals can increase or decrease the intensity of a workout. We encourage all individuals to work at their own pace.


New participants are encouraged to arrive a few minutes early to receive assistance setting up for class. For more information or to determine the classes that will help you achieve your goals, talk to any of our staff.


CHALLENGE LEVEL

 **1 BARBELL** – designed for newcomers to exercise, those who have never exercised or have been away for some time; these classes may be appropriate for those with limited mobility

 **2 BARBELLS** – designed for individuals that are new to group fitness and have a beginner level of fitness

 **3 BARBELLS** – designed for individuals with moderate fitness levels

 **4 BARBELLS** – designed for those individuals looking to challenge themselves and take their fitness to the next level by working at a higher intensity.

 **DEDICATED CARDIO COMPONENT IS INCLUDED**

CARDIO-RESISTIVE TRAINING

An interval class consisting of hi/low or step cardio segments alternating with intervals of resistance training using a combination of tubing, bands, and hand weights.



CHAIR STRETCH AND STRENGTH

This adapted stretch and strength class is open to all members who prefer to do the stretch and strength class from a chair.



ENERGY

An invigorating low impact, cardiovascular workout that can help you take your fitness to the next level. Cardiovascular exercise will be followed by muscle strength and endurance exercises.



GROUP POWER

This is your hour of power! This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and

awesome instructors. With simple, athletic movements such as squats, lunges, presses, and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!



MOVE TO THE MUSIC

Engage your body and your brain with this unique class. Dance inspired movements and exciting music make this class a fun way to improve your fitness.



RIDE THE WAVE

Challenge your body by working out in a new direction. This 30-minute class using the cardio wave machines will have you using different body positions and movement to increase your heart rate and build muscle.

*class size is limited.



SCULPT

Using small hand weights, tubing, and body resistance this class will help strengthen your core, mobilize your joints, and improve postural stability.



STEP

This step workout will leave you wanting more. Get your energy up using the step for cardiovascular conditioning followed by muscle endurance and core strength exercises.



STRAIGHT TO THE CORE

A 45-minute program with a focus on balance, posture, and core body conditioning using FitBalls, BOSU®, and resistance equipment.



STRETCH & STRENGTH

Focus on strength, flexibility, and balance training. This 30-minute program is a great addition before or after your cardiovascular workout.



THE RIDE

This fun and effective indoor cycling workout will improve your cardiovascular fitness, tone your legs and buttocks, reduce stress, and burn calories. You are in control of your speed and resistance so you control the intensity of the cycling workout.

*Class size is limited. Please pick up a tag at the Reception Desk up to one hour before class.



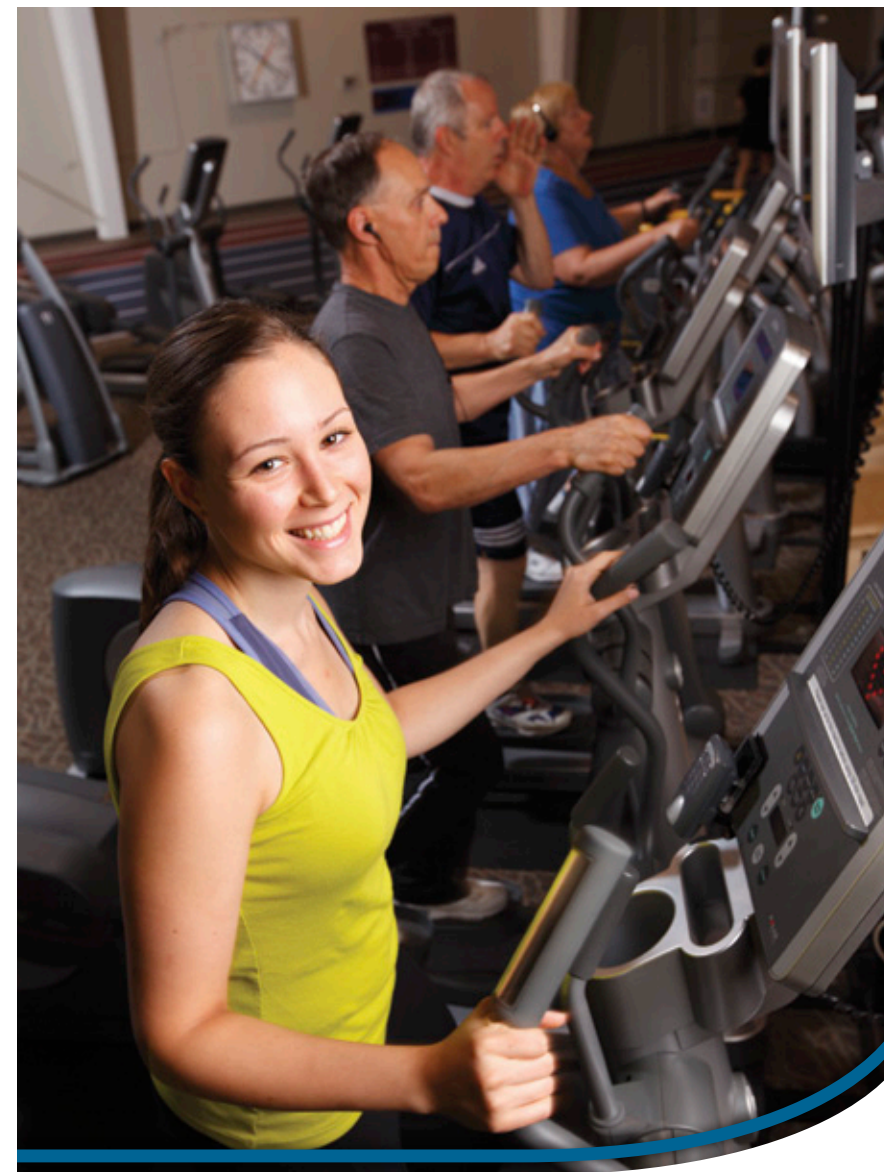
TOTAL BODY CONDITIONING I

Work your whole body with a combination of resistance tubing, hand weights and your own body weight. This program promotes muscle endurance, flexibility, balance, and core strength.



TOTAL BODY CONDITIONING II & CARDIOVASCULAR TRAINING

Take your training to the next level with this higher intensity class incorporating additional equipment.



GROUP FITNESS CLASSES



reh-fit
centre



GROUP FITNESS SCHEDULE

All classes included in your membership
EFFECTIVE JUNE 1

Class schedule and location subject to change.

Location: (A) = Group Fitness Studio A (FH) = Field house							
AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15	The Ride (FH) 45 min		Group Power (A) 60 min	Ride the Wave (FH) 30 min	The Ride (FH) 45 min		
7:00	Stretch & Strength (FH) 30 min	Stretch & Strength (FH) 30 min	Stretch & Strength (FH) 30 min	Stretch & Strength (FH) 30 min	Stretch & Strength (FH) 30 min		
8:00						Group Power (A) 60 min	
8:15	Total Body Conditioning I (FH) 60 min		Total Body Conditioning I (FH) 60 min		Total Body Conditioning I (FH) 60 min		
8:30		Total Body Conditioning I (FH) 60 min		Total Body Conditioning I (FH) 60 min		Total Body Conditioning I (FH) 60 min	
9:15	Stretch & Strength (FH) 30 min		Stretch & Strength (FH) 30 min		Stretch & Strength (FH) 30 min		
9:30	Cardio Resistive Training (A) 60 min	Move to the Music (A) 60 min	Sculpt (A) 60 min	Cardio Resistive Training (A) 60 min	Energy (A) 60 min	The Ride (FH) 45 min	Step (A) 60 min
10:00	Stretch & Strength (FH) 30 min	Stretch & Strength (FH) 30 min	Stretch & Strength (FH) 30 min	Stretch & Strength (FH) 30 min	Stretch & Strength (FH) 30 min	Stretch & Strength (FH) 30 min	Straight to the Core (FH) 45 min
10:15						Energy + (A) 75 min	
10:30			The Ride (FH) 45 min		Straight to the Core (FH) 45 min		
10:45							Group Power (A) 60 min
11:00		Chair Stretch & Strength (FH) 30 min		Chair Stretch & Strength (FH) 30 min			
11:30	Stretch & Strength (FH) 30 min		Stretch & Strength (FH) 30 min		Stretch & Strength (FH) 30 min		
Noon		Group Power (A) 60 min		Group Power (A) 60 min	The Ride (FH) 45 min	Group Power (A) 60 min	The Ride (FH) 45 min
PM	AFTERNOON & EVENING CLASSES						
1:30	Stretch & Strength (FH) 30 min		Stretch & Strength (FH) 30 min		Stretch & Strength (FH) 30 min		
5:00	Stretch & Strength (FH) 30 min	The Ride (FH) 45 min	Stretch & Strength (FH) 30 min	Group Power (A) 60 min	Stretch & Strength (FH) 30 min		
5:30	Total Body Conditioning II (FH) 60 min	Straight to the Core (A) 45 min	Total Body Conditioning II (FH) 60 min	Straight to the Core (FH) 45 min	Total Body Conditioning II (FH) 60 min		
	Energy (A) 60 min		Energy (A) 60 min		Group Power (A) 60 min		
6:30	The Ride (FH) 45 min		The Ride (FH) 45 min	The Ride (FH) 45 min			
8:00	Group Power (A) 60 min		Group Power (A) 60 min	Group Power (A) 60 min			

Please Note: The Reh-Fit Centre is closed for annual maintenance Friday July 30 - Tuesday August 3.