

FITNESS CENTRE

GROUP FITNESS CLASSES

Group Fitness Classes at the Fitness Centre are offered year round. From September until April we offer a full schedule of classes spanning from Monday to Friday. During the summer months (May-August) we have a smaller class schedule including Zumba, Athletic Cardio and TMC. Classes are free of charge for all members and \$6 at the door for non members.



Zumba with *Karen Arsenault* is a fusion of hypnotic Latin rhythms and ***easy-to-follow*** moves create a one-of-a-kind fitness class that will blow you away! Combining rhythms and resistance training this class will tone your body while burning fat. Every class feels like a party, you won't even realize how hard you're working.



Total Muscle Conditioning with *Andrea Chase* is a conditioning class that will make you feel the burn no matter what your fitness level is. There are options provided for each exercise to accommodate you whether you are a beginner or more advanced participant. The upper and lower body exercises will give you a great workout and the results you are looking for.



Athletic Cardio with *Karen Arsenault* is a sports inspired cardio workout. Blast calories and torch fat with this interval training class that combines athletic fitness movements with strength and core stability exercises. If you're looking to increase your overall fitness and strength this class will give you results.

BODY ROCK

Bodyrock is a bootcamp style workout, total body workout incorporating cardio and resistance training to increase heart rate and tone muscles. Bodyrock is designed to push participants to the limit while allowing participants the option of modifying the exercises in order to workout at their own pace.



Lunch time yoga with *Stephanie Allen* is one of our most popular classes. It will help increase your flexibility, overall conditioning and help take you away of the stresses of your everyday life. Come reach tranquility with yoga.