



Group Fitness Class Schedule

Sep 4-Dec 22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BALL & BODY BLAST 8:00-9:00am Alesya Gym					
ZUMBA 9:00-10:00am Alesya Gym	MY FIT FRIENDS 9:00-10:00am Lynne Gym	ZUMBA 9:00-10:00am Alesya Gym	MY FIT FRIENDS 9:00-10:00am Lynne Gym	ZUMBA SCULPTING 9:00-10:00am Alesya Gym	CIRCUIT TRAINING 9:00-10:00am Mike Fitness Centre
DANCE & STRETCH 10:15-11:15am Gayl Gym	REFIT 10:15-11:30am Maggi Gym	STRETCH & FLEX 10:00-11:00am Alesya Gym	REFIT 10:15-11:30am Maggi Gym	BALLET BARRE 10:00-11:00am Alesya Gym	
		STABILITY, MOBILITY & STRETCH 4:30-5:30pm Maggi Oak Room	DANCE & STRETCH 11:45-12:45pm Gayl Gym		



Drop in \$5.24 Adults & \$4.05 Youth/Students & Seniors

No class Sep 3, Oct 8 & Nov 12. Schedule subject to change. Please check online or call to confirm.

Group Fitness Class Descriptions

Ball & Body Blast

This class combines cardio and strength training in an easy to follow program with smooth low-impact exercises. Come join us and have a blast!

Ballet Barre

The Ballet Barre Workout is designed to train you like a dancer, developing long lean muscles, flexibility, increased stamina and improved posture. Everyone can do it, you don't need to be a dancer!

Circuit Training

This energetic class is held in the Fitness Centre, combining weight training and cardio stations.

Dance & Stretch

Great world music, easy to follow routines and a fun group of participants. Includes a gentle stretch portion.

My Fit Friends

This is a fusion program which combines circuit training with a Tai Chi warm up and Qi gong or yoga cool down.

Refit

A mild level class great for older adults & people who are new or returning to fitness after experiencing medical problems. While focusing on good posture & good movement patterns we work carefully to increase aerobic fitness, strength, flexibility, coordination, agility, balance and body awareness.

Stability, Mobility & Stretch

This class we will address the concepts of good posture & alignment. We will explore through movement, bodyweight strength & stretch/relaxing, how these concepts combined create stability and optimal movement patterns in our joints. No class Oct 10 and Nov 28. Oak Room

Stretch & Flex

Stand taller, feel thinner and be strong. This class will benefit any fitness level with dance inspired deep stretching, strengthening and lengthening of the whole body!

Zumba

Get fit salsa style! Includes Latin music and moves for the hottest workout around.

Zumba Sculpting

Zumba Sculpting is fantastic! A great way to sculpt and tone your body all over! This high energy class blends body-sculpting techniques and specific Zumba dance moves into one calorie burning, strength-training class. We use one to three pound dumbbells to enhance rhythm, build strength and tone all the target zones.

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