



Winter Fitness Schedule

Effective: January 9 – April 21, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Morning Classes</i>		8:00-8:50 Spin 600 cal	8:00-8:50 TRX 400-600 cal	8:00-8:50 Spin 600 cal		9:00-10:00 Spin & Abs 600 cal
<i>Lunch Classes</i>	12:10-12:50 Muscle ++ 400-600 cal	12:10-12:50 Boot Camp 600cal	12:10-12:50 Spin 600 cal	12:10-12:50 Yoga 300 cal	12:10-12:50 Muscle ++ 400-600 cal	10:15-11:15 Yoga 300 cal
	1:10-1:50 Spin 600 cal	1:10-1:50 Muscle ++ 400-600 cal	1:10-1:50 Pilates 400 cal	1:10-1:50 Spin 600 cal	1:10-1:50 TRX 400-600 cal	
<i>Evening Classes</i>	4:00-4:45 TRX 400-600 cal	5:00-5:45 Spin 600 cal	5:00-5:45 Muscle ++ 400-600 cal	5:00-5:45 Power Yoga 400 cal	5:00-5:45 Boot Camp 600cal	Watch for... “Meet the Trainer” Night Schedule available at the Athletics Desk or online at: www.georgiangrizzlies.com
	6:00-6:50 Yoga 300 cal		6:00-6:50 Spin 600 cal	6:00-6:50 Spin 600 cal	6:00-6:50 Piloga 400 cal	
	7:00-8:00 Spin 600 cal			7:00-8:00 Spin 600 cal	7:00-8:00 Spin 600 cal	

To book a spin bike, please call 728-1968 ext 1105 on the hour before the class starts.

Ex: 1:10pm class, calls open at 12:00pm, not 12:10pm

These classes are suited to all fitness levels. Be sure to tell your instructor if you are new or if you have any physical concerns.

Pick your favourite class from the descriptions below...

Boot Camp: This challenging class will get you in shape faster with athletic conditioning intervals. Agility, balance, speed with a variety of conditioning tools will be used.

Muscle++: Research has proven strong muscles equals strong life line. This class focuses on each of your major muscle groups giving you a complete strength and conditioning class. There may be intermittent intervals of aerobics.

Pilate: An invigorating stretch and strengthening technique. Increase flexibility, engage your core and streamline your physique. An essential addition to any exercise regime. Leave feeling taller and stronger.

Piloga: Blended programs including the stability and posture work from pilates with the traditional movements of yoga.

Power Yoga: This class is designed to balance your inner and outer self. Focusing on posture and movements based on traditional yoga in order to provide the best mind body workout.

Spin: An interval cycle class working the cardiovascular system. Guaranteed to burn fat and unleash your cardiovascular potential.

Spin Reservation Policy: *The front row of bikes may be reserved up to one (1) hour on the hour in advance of a class by calling 728-1968 x1105 or by speaking in person with the staff member working the upstairs desk. Reservations cannot be made by leaving a voicemail. You will be given a number that correspond with the bike you will be on.*

Spin & Abs: This class is a shorter version of our regular spin class with awesome abdominal work to enhance your core strength.

Yoga: This is a traditional yoga class which dates back over six thousand years combining stretch and strengthening movements while releasing your daily stress.

TRX Suspension Training: Sign up for one of three TRX training sessions at the Athletics desk. Check out the posters for more info.
\$22/members \$15/students