

Aurora best group fitness program!!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 AM SPIN Mary 45 Min		6:00 AM SPIN Mary 45 Min		8:00 AM SPIN Mary 45 min	
		8:45am YOGA Diba 75 min		9:15 AM Core-elation Pilates Mary B 60 min		
9:15 AM SPIN Andrea/Michelle 45 min	9:15 AM ZUMBA Diba 60 min	9:15 AM SPIN Sonia 45 min	9:15 AM STEP Sonia 60 min	9:30 AM SPIN Ira 45 min	9:00 AM STEP Ira 60 min	9:00 AM SPIN Mary 45 Min
10:05 AM Body Blast Andrea/Michelle 45 min		10:05 AM ABT Sonia 45 min		10:15 AM ZUMBA Nile 60 min	10:00 AM Yoga Diba 1.5 hours	10:00 AM Body Blast Mary 60 min

EVENING CLASSES

5:45 PM SPIN Ira 45 min	6:00 PM Body Blast Ira 50 min	6:00 PM SPIN Mary 45 min	6:00 PM Body Blast Shannon A 60 min
		ZUMBA Sonia 50 min	
6:30 PM STEP Ira 60 min	6:50 PM TKO bootcamp Ira 40 min	6:50 PM Core-Elation Pilates Mary 45 min	7:00 PM Core Bootcamp Julia 60 min
	7:00 PM SPIN Julia 45 Min		SPIN Michelle 45 Min
7:30 PM Yoga Alanna 60 min	7:30 PM Ashtanga Flow Lisa 1.5 hours		8:00PM Yoga Alanna 60 min



SUMMER
2010

AHHH! SUMMER IS HERE. OUR SUMMER SCHEDULE REFLECTS THE FACT THAT YOU ARE OUT AND ABOUT AND HAVING SOME SUMMER FUN, BUT YOU STILL NEED TO GET SOME OF THOSE WORKOUTS IN. YOU WILL NOTICE A COUPLE CLASSES THAT TAKE THE SUMMER OFF BUT DO NOT WORRY THEY WILL RETURN COME THE FALL.

Comments / Feedback?

Talk to Ira your group fitness coordinator.
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GROUP FITNESS CLASS DESCRIPTIONS

CLASSIC FITNESS CLASSES



BODY BLAST- A muscle conditioning class that offers a functional strength option for many of the exercises. Learn how you can recruit muscles to work together to improve strength, stability and balance. You will use a variety of equipment in this class including the step, a body bar, hand weights, tubing etc. Modifications will be shown for beginners.



ABT stands for **ABS BUTTS AND THIGHS!** This is a muscle conditioning classes that focuses exclusively on toning these problem areas!



TKO is a kickboxing inspired cardio bootcamp class. A fun high energy class that will leave you feeling empowered. You will learn proper technique in a controlled group environment. This class can be modified for all levels.



CORE Bootcamp- This 1 hour circuit class combines fat shredding cardio intervals with core strengthening and toning exercise. This is the bathing suit ready class!



SPIN -Spin is an indoor group cycling program designed to create a group exercise experience. Participants achieve their cardiovascular and muscular strength goals thru the use of musically defined rhythms and cycling drills. Members need to sign up for a bike at reception to reserve your spot. Sign up is available 1 hour prior to class time. Beginners are welcome and encouraged to come and try our spin classes just ensure you arrive 10 mins early to allow our instructor to set your bike up properly.



STEP- A fun and challenging cardio class using the step. Moves are pre-choreographed in combinations. There are always options for both beginners and advanced steppers!! You have to give the class a couple tries to get familiar with the movements.



HULA HOOP- THE HULA HOOP CAN EFFECTIVELY TRIM YOUR WAIST, HIPS, AND THIGHS, BUILD ABDOMINAL AND LOWER BACK MUSCLES, AND GIVE YOUR CARDIOVASCULAR SYSTEM A WORK OUT. SIGN UP AVAILABLE 1 HOUR BEFORE CLASS.



Fastest growing workout in North America!

ZUMBA -The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavour and international zest into the mix and you've got ZUMBA!

MIND BODY CLASSES



yoga- for these classes be prepared for a variety of styles blended and rearranged, Kundalini, Hathta, Ashtanga are some of the practises featured in these classes. We're just not that into permanent "LABELS" for these classes. Giving you variety week to week.



Ashtanga Flow- A Yoga class that creates some heat within the body with a flowing sequence of postures that build strength, balance and flexibility.



Core-Elation! / Pilates-

Get ready to be straighten out! This is a **pilates** core conditioning class, focusing on the abs and back to increase strength and flexibility. You will not be disappointed.

Core Yoga- This Yoga classes focuses on athletic poses that help build and support your core from the inside out.



Hathta Yoga- a holistic yogic path, including moral disciplines, physical exercises (e.g., asanas (postures) and Pranayama (breath control), and meditation.

NOTE TO BEGINNERS - All class can be done at a beginner level. If you are taking a class for the first time just arrive a couple minutes early and inform the instructor. This way the instructor will give you some tips on how to ease yourself into a class. Try something new you may surprise yourself and enjoy it! Our group fitness team is looking forward to meeting you!
CHEERS!

