



GROUP EXERCISE SCHEDULE

July 11 - August 4

DROP IN CLASSES - July 11 - August 4 - NO PAYMENT REQUIRED - SIGN UP REQUIRED

REGISTERED CLASSES - July 11 - August 4 - PAYMENT REQUIRED

Studio	Monday			Tuesday			Wednesday			Thursday			Friday	IMPORTANT NOTES	
	Pace	Power	Pulse	Pace	Power	Pulse	Pace	Power	Pulse	Pace	Power	Pulse	Pulse		
MORNING			Power Circuit Ron 6:30-7:15						Kettlebell Circuit Ron 6:30-7:15					<p>You must sign up to reserve your space in all drop in classes. Sign up opens 12:01 AM the day <u>before</u> the scheduled class. Sign up at nexenwellnesscentre.ca.</p> <p>Your Way Registration is now open for the July & August classes. Register and pay for only the specific dates that you can attend.</p> <p>Please arrive on time for classes as it is disruptive to other participants and the instructor when you arrive late.</p> <p>All classes are self-paced, which means that you determine the intensity that is best for you.</p> <p>Yoga participants are required to bring their own mats. No mats will be provided.</p>	
												Meditation Judi 11:00-11:15			
			Karma Yoga Lindsey 11:30-12:15			Zumba Catherine 11:30-12:15		Ballet Barre Cathy 11:35-12:20			TRX@IT Judi 11:20-12:05		Full Body Circuit Teresa 11:30-12:15		
MID-DAY							Group Cycle Damir 12:00-12:45				Walking Toward Wellness Michele 12:00-12:45				Fusion Fridays Paul 11:45-12:45
	Group Cycle Dave 12:35-1:20					Total Body Blitz Marisha 12:30-1:15		Abs Express Michele 12:50-1:05		Outdoors (Waiver Required)		Kickboxing Level 2 Bryan 12:25-1:10			
				Kickboxing Level 1 Bryan 12:40-1:25											
EVENING															
									Yin Yoga Felicia 4:45-5:45						

See reverse for Class Descriptions

Train Your Brain
Meditation for Calm, Control & Confidence

FREE Meditation Class
3rd Thursday of the Month
Next Session July 20
12:15 - 12:55 pm
Discovery Theatre (Annex A)
Register on myGPS

* NOTE: This schedule is subject to change.

If you have any questions or comments, please contact the Wellness Centre Team:

wellness.centre@nexencnooltd.com

403-699-6400

CLASS DESCRIPTIONS

Abs Express - Target your core muscles in 15-minutes. Abs Express focuses on technique, alignment and strengthening to give you improved abdominal definition, tone and strength.

Ballet Barre - Tone your legs, strengthen your core and improve your balance through basic ballet barre work. Get ready to feel long, lean and graceful!

Full Body Circuit - This boredom buster takes you through a circuit of cardio, strength and core work to help boost fat burning and sculpt muscles.

Fusion Fridays - Pilates, yoga, intervals, weights - a grab bag of goodness for your mind and body.

Group Cycle – The hammer's down! Increase leg strength, cardiovascular capacity and stamina in the high energy atmosphere of group cycle. (Suitable for beginners).

Karma Yoga - Karma Yoga is not a specific style of yoga itself but rather yoga given freely for the benefit of the individual and the community. All levels are welcome. Yoga mat required.

Kettlebell Circuit - Learn the fundamentals of kettlebell training and a ton of exercises that you can include in your daily workout routine. This class will use both the studio and the weight floor.

Kickboxing Level 1 - Using speed, agility and power, kickboxing combines the punches and hooks of boxing with powerful martial art's kicks to create an intense cardiovascular workout. High energy, safe and lots of fun! No experience necessary.

Kickboxing Level 2 - Building on the cardio and combos of Level 1, this class will involve catching/blocking kicks and weaving/blocking punches with a lot more interactive combos. Participants require kickboxing skills (jab, cross, hooks & roundhouse kick) as well as effective pad holding technique. Upper cut punches and knees will be added. Prerequisite: Kickboxing Level 1

Meditation - Indulge in a moment of inner peace through this facilitator-led reflection. Discover how 15-minutes of just being can change the quality of your entire day.

Power Circuit - Set a new normal with this intense circuit class - cardio, weights, plyometrics and stability exercises all bringing it hard for better performance.

Total Body Blitz - A high energy workout that hits all areas - cardio, upper body, lower body and core.

TRX® iT - Get ready for a wild ride! TRX® suspension training combined with high intensity interval Training (iT). Develop functional strength while harnessing the power of metabolic conditioning.

Walking Toward Wellness - Walking provides many health benefits; it's great for people of all abilities and requires no special skills or equipment. Walking Toward Wellness is the perfect mid-day break – and ideal for those who need recovery days or a rest from high-intensity activity. Join Michele on this guided walk in the great outdoors. Breathe in the fresh air and leave feeling rejuvenated and better focused for work. (Waiver must be completed.)

Yin Yoga - Yin yoga is a grounding practice. It effectively balances an active lifestyle, using long holds to lead you into deeper relaxation and stillness. Yoga mat required.

Zumba® - Are you ready to party yourself into shape? Zumba® classes are "fitness-parties" that blend upbeat rhythms with easy-to-follow choreography for a full body workout that's totally FUN.