



# GROUP EXERCISE SCHEDULE

September 11 - December 15

DROP IN CLASSES - September 11 - December 22 - NO PAYMENT REQUIRED - SIGN UP REQUIRED

REGISTERED CLASSES - September 11 - December 15 - 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 Nicole 6:30-7:15			Yoga Foundations & Flow Sarah 6:30-7:30			Kettlebell Circuit Nicole 6:30-7:15					<p>You must sign up to reserve your space in all drop in classes. Sign up opens <b>12:01 AM</b> the day <u>before</u> the scheduled class. Sign up at <a href="http://nexenwellnesscentre.ca">nexenwellnesscentre.ca</a>.</p> <p><i>Your Way Registration</i> is open. Register and pay only for the classes that you can attend by calling the wellness centre at extension 6400.</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><b>Yoga participants</b> are required to bring their own mats. No mats will be provided.</p>
				PRIVATE Cycle Class Nicole 7:00-7:45								Meditation Judi 11:00-11:15		
MID-DAY			Karma Yoga Lindsey 11:30-12:15			Metabolic Surge Nicole 11:25-12:10			Total Body Conditioning Nicole 11:25-12:10					
					TRX® Go Paul (30 min) 11:45-12:15			Ballet Barre Cathy 11:35-12:20			TRX®iT Judi 11:20-12:05		Full Body Circuit Marisha 11:30-12:15	
						Zumba Catherine 12:20-1:05	Group Cycle Nicole 12:15-1:00						Posture+ Paul (30 min) 12:20-12:50	
EVENING	Group Cycle Dave 12:35-1:20	TRX® Barre Cathy 12:35-1:20							Pilates Infused Core Cathy 12:25-1:10					
													Total Body HIIT Shahinda 11:45-12:45 <b>NOW 60 MIN!</b>	
			Yoga for Better Backs Denise 5:00-6:00											
									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 September 21  
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

**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.

**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.

**Metabolic Surge** - Metabolic training is high intensity training done with very short bouts of rest. This class is not for the faint of heart. You will be challenged on multiple levels and get results.

**Pilates Infused Core** - Evolve your Pilates workout! Movements and principles from Pilates are blended with core conditioning principles from fitness to give you a functional and challenging workout.

**Posture<sup>+</sup>** - The wisdom of yoga combined with modern functional movement and fitness conditioning practices to help you find your ideal alignment. Yoga mat required.

**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 Conditioning** - Weights & intervals on the step or without. No choreography. Programmed so anyone can enjoy cardio and resistance training rolled into one total body benefit.

**Total Body HIIT** - This is High Intensity Interval Training (HIIT) - challenging cardio explosions, short rest periods, tough strength training. It's never the same workout twice!

**TRX® Barre** - Ballet Barre combined with the TRX® Suspension Trainer. The perfect pairing for a head-to-toe workout, emphasizing strength, balance, flexibility and core, Core, CORE!

**TRX® Go** - Tight on time? Concentrate your efforts with this 30 minute full body workout. Fast and efficient. Tight and toned. TRX® is the ideal exercise for life on the go.

**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.

**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.

**Yoga Foundations & Flow** - Start your day off right with a vinyasa flow class that focuses on alignment and longer, deeper holds. Yoga mat required.

**Yoga For Better Backs** - Backache, previous injury or preventative medicine, this class will help you find freedom of movement and give you tools to maintain your back health. 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.