



GROUP EXERCISE SCHEDULE

January 2 - March 23

| <div style="display: flex; justify-content: space-between;"> DROP IN CLASSES - January 2 - March 23 - NO PAYMENT REQUIRED - SIGN UP REQUIRED REGISTERED CLASSES - January 8 - March 23 - PAYMENT REQUIRED </div> | | | | | | | | | | | | | | |
|--|-----------------------------------|------------------------------------|--|--|--|---|-------------------------------------|--------------------------------------|---|--|--|--|--|--|
| Studio | Monday | | | Tuesday | | | Wednesday | | | Thursday | | | Friday | IMPORTANT NOTES |
| Time | 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 12:01 AM the day <u>before</u> the scheduled class. Sign up at nexenwellnesscentre.ca.</p> <p>Your Way Registration 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>Yoga participants 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 | | |
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| MID-DAY | | TRX® Barre Cathy 11:35-12:20 | Karma Yoga Lindsey 11:30-12:15 | | TRX® Paul 11:45-12:30 | Metabolic Surge Nicole 11:25-12:10 | | Ballet Barre Cathy 11:35-12:20 | | Total Body Conditioning Nicole 11:25-12:10 | TRX®IT Judi 11:20-12:05 | Full Body Circuit Cailee 11:30-12:15 | Total Body HIIT Shahinda 11:30-12:30 | |
| | | | Learn How to Meditate Paul 12:25-12:55 | | | Zumba Catherine 12:20-1:05 | Group Cycle Nicole 12:15-1:00 | | Yoga Paul 12:20-1:05 | | Kickboxing Level 2 Bryan 12:25-1:10 | | | |
| | Group Cycle Dave 12:45-1:30 | | | | Kickboxing Level 1 Bryan 12:40-1:25 | | | | | | | | | |
| EVENING | | | | | | | | | | | | | | |
| | | | | | | | | | Yin Yoga Felicia 4:45-5:45 | | | | | |

See reverse for Class Descriptions

me Time
FREE Meditation Class
2nd & 4th Thursdays of the Month
First Session January 11
12:15 - 12:45 pm
Horizon (Annex B)
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

Learn How to Meditate - Learn the simple practice of Insight Meditation (Vipassana) while opening your hips to develop a comfortable meditation posture. Complement this class with Yoga Wednesdays.

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.

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 (HITT) - 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® - A full body performance workout. You've got this!

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 - Advance your yoga practice through this progressive class that aligns and balances the mind by working the body. Complement this practice with Learn to Meditate Mondays. 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.

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.