

# Group Exercise FALL Schedule 2018 (September 4-December 23, 2018)

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday   |
|---|--|---|---|--|--|
| 6:15-7:00 am<br><b>Sculpt</b><br><i>Brad</i>      | 6:15-7:00 am<br><b>AMRAP</b><br><i>Andrew</i>                          | 6:15-7:00 am<br><b>BURST!</b><br><i>Cody</i>      | 6:15-7:00 am<br><b>Spin+</b><br><i>Zosia</i>              | 6:15-7:00 am<br><b>Yoga Fit</b><br><i>Sue</i>  | 9:00-9:50 am<br><b>Spin+</b><br><i>Fitness Staff</i>   |
| 9:00-9:50 am<br><b>Chair Yoga</b><br><i>Mumbi</i> | 10:00-10:50 am<br><b>Functionally Fit</b><br><i>Guy</i>                | 9:00-9:50 am<br><b>Chair Yoga</b><br><i>Zosia</i> |   | 10:00-10:50 am<br><b>Functionally Fit</b><br><i>Cody</i>   | 12:30-1:20 pm<br><b>BURST!</b><br><i>Fitness Staff</i> |
| 12:10-12:50 pm<br><b>Spin+</b><br><i>Andrew</i>   | 12:10-12:50 pm<br><b>Step &amp; Sculpt</b><br><i>Mat</i>               | 12:10-12:50 pm<br><b>Spin+</b><br><i>Zosia</i>    | 12:10-12:50 pm<br><b>Yoga</b><br><i>Zosia</i>             | 12:10-12:50 pm<br><b>FlipItFriday!</b><br><i>Fitness Staff</i>   |  |
| 1-1:30 pm<br><b>Sculpt</b><br><i>Mat</i>          | 1-1:30 pm<br><b>Spin30</b><br><i>Andrew</i>                            |   | 1-1:30 pm<br><b>Spin30</b><br><i>Mat</i>                  |  | <b>Sunday</b>  |
| 4:30-5:20 pm<br><b>Sculpt</b><br><i>Candace</i>   | 4:30-5:00 pm<br><b>Spin30</b><br><i>Olivia</i>                         | 4:30-5:20 pm<br><b>AMRAP</b><br><i>Andrew</i>     | 4:30-5:00 pm<br><b>Spin30</b><br><i>Andrew</i>            | 5:30-6:20 pm<br><b>Spin+</b><br><i>Fitness Staff</i>   | 12:30-1:00 pm<br><b>BURST!</b><br><i>Fitness Staff</i> |
| 5:30-6:00 pm<br><b>BURST!</b><br><i>Cody</i>      | 5:10-6:00 pm<br><b>Glutes, Guts &amp; Guns</b><br><i>Fitness Staff</i> | 5:30-6:20 pm<br><b>Zumba</b><br><i>Pamela</i>     | 5:10-6:00 pm<br><b>Tone &amp; Tuck</b><br><i>Angelica</i> | <b>SIGN UP FOR SPIN CLASS!</b><br>Space is limited to the number of bikes in both Spin + and Spin 30 classes. To reserve a bike: <ul style="list-style-type: none"> <li>• Visit us online or via the MindBody app</li> <li>• Call us at (519) 354-9100 x 3401</li> </ul> <b>Only one reservation per person.</b> |  |
| 6:30-7:20 pm<br><b>Yoga</b><br><i>Zosia</i>       | 6:30-7:20 pm<br><b>Strong</b><br><i>Jenna</i>                          | 6:30-7:20 pm<br><b>Pilates</b><br><i>Candace</i>  | 6:15-7:00pm<br><b>BURST!</b><br><i>Fitness Staff</i>      |  |  |

Full class descriptions are available on the reverse of this schedule. Please see descriptions for more details on classes or ask any of the HealthPlex Staff!

**GROUP EXERCISE ETIQUETTE:**

- Arrive 5 minute early for class to set up your station
- Please wear CLEAN gym shoes and place bags in lockers
- Be sure to wipe down your mat/equipment when finished
- If leaving early, please advise instructor prior to class
- Please place equipment back in original racks/ location

**HOURS OF OPERATION**

**Monday – Thursday**

6:00 am – 10:00 pm

**Friday**

6:00 am – 8:00 pm

**Saturday**

7:00 am – 6:00 pm

**Sunday**

11:00 am – 4:00 pm

**FOLLOW US**

**& STAY UP-TO-DATE!**



St. Clair College HealthPlex



@SCCHealthPlex

**Do you have feedback about the Group Exercise Schedule?**

Please send your feedback to Zosia Jarvis, Program Coordinator at (519) 354-9100 x 3219 or email at ZJarvis@stclaircollege.ca


**Let us know you're coming!**



Find MindBody in your app store.

Are you attending a group exercise class? Take a second to let us know! Visit us online or find us on the MindBody app and sign up for the class you will be attending. While sign up is strongly recommended for all spin classes, it is also helpful for all other classes. Drop ins are still welcome.

First time taking a class at the HealthPlex? Stop by in person first to set up your MindBody account.

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| <b>AMRAP</b>  | "As Many Rounds As Possible!" Challenge yourself to see how much work you can complete! This class is a combination of heart pounding cardio moves and compound lifts designed to work your body head to toe.  |
| <b>BURST!</b>   | This interval training class combines effective compound strength exercises with BURSTS of cardio to condition your heart and burn calories!   |
| <b>Chair Yoga</b>   | A yoga class made for all ages as all postures are done seated or standing while using the chair. Chair Yoga is great for those who want to improve balance, endurance and physical movement.  |
|  <b>FlipItFriday!</b> | Every Friday at noon the classes will rotate! Try something new and add some variety to your fitness routine. The exact class and instructors for the week will be announced on our Facebook page every Monday afternoon.  |
| <b>Functionally Fit</b>   | This unique class is designed for our members with limited mobility due to age, injury, etc., to help keep them active in everyday life. This class is taught seated for those with balance concerns.  |
| <b>Glutes, Guts &amp; Guns</b>  | The name says it all! This class is the perfect triple threat – combining easy isolation exercises to get your glutes in tip top shape, melt your gut and add the right kind of tone to your arms.   |
| <b>Pilates</b>  | Activate your core like never before using your body weight, and then enjoy a series of deep stretches for relaxation to improve recovery, decrease soreness and increase blood circulation.   |
| <b>Sculpt</b>   | Get functionally strong with Sculpt! This full body strength and toning workout incorporates functional training in every movement plane using barbells, free weights and body weight.   |
| <b>Spin 30</b>  | The perfect cardio session for beginners and avid cyclists alike. This 30 minute spin class offers you a fully adaptable workout that's sure to burn a ton of calories! <i>Space is limited - remember to reserve your bike!</i>                                 |
| <b>Spin+</b>  | Includes the same amazing cardio in Spin 30 plus an effective strength component. Including a combination of weights and body weight this class has it all! <i>Space is limited - remember to reserve your bike!</i>   |
| <b>Step &amp; Sculpt</b>  | This is your all in one workout! STEP uses a platform for cardio, power, strength, balance, and agility training. SCULPT is a strength and toning workout with weighted and body weight exercises all topped off with core and stretching.                       |
| <b>Strong</b>   | STRONG by Zumba® is a total body workout synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. |
| <b>Tone &amp; Tuck</b>  | Give those stubborn areas in your arms, legs and stomach the attention they deserve with Tone & Tuck! This full body workout is sure to help slim, tone and shape.   |
| <b>Yoga</b>   | A unique series of dynamic asana flow that unites balancing, twisting, inversion and core building poses to let you strengthen and unwind. This powerful and transformative vinyasa yoga also encourages a mindful practice.                                     |
| <b>Yoga Fit</b>   | Stretch and strengthen your body while finding calm in your day to decrease stress. This flow yoga will help to tone muscles and relieve tension. All fitness and experience levels welcome.   |
| <b>Zumba</b>  | Zumba® classes feature exotic rhythms set to high-energy Latin and international beats – it's a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating!  |