

# Group Exercise Schedule Winter 2018 (January 29 – April 1, 2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15-7:00 am <b>AMRAP</b> <i>Andrew</i>	6:15-7:00 am <b>Power Mix</b> <i>Olivia</i>	6:15-7:00 am <b>Sculpt</b> <i>Michael</i>	6:15-7:00 am <b>Spin</b> <i>Zosia</i>	6:15-7:00 am <b>Yoga Fit</b> <i>Sue</i>	9:00-9:50 am <b>Circuit Training</b> <i>Fitness Staff</i>
9:00-9:50 am <b>Chair Yoga</b> <i>Mumbi</i>	10:00-10:50 am <b>Functionally Fit</b> <i>Guy</i>	9:00-9:50 am <b>Chair Yoga</b> <i>Mumbi</i>		10:00-10:50 am <b>Functionally Fit</b> <i>Andrew/Zosia</i>	12:00-12:50 pm <b>Power Mix</b> <i>Olivia</i>
12:10-12:50 pm <b>Boot Camp</b> <i>Andrew</i>	12:10-12:50 pm <b>Power Mix</b> <i>Mat</i>	12:10-12:50 pm <b>Spin</b> <i>Zosia</i>	12:10-12:50 pm <b>Power Yoga</b> <i>Zosia</i>	12:10-12:50 pm <b>HIIT Spin</b> <i>Andrew</i>	
4:30-5:20 pm <b>Power Mix</b> <i>Candace</i>	4:30-5:00 pm <b>Fly Wheels</b> <i>Zosia</i>	4:30-5:20 pm <b>Boot Camp</b> <i>Andrew</i>	4:30-4:45 pm <b>6 Pack Abs</b> <i>Fitness Staff</i>	5:00-5:30 pm <b>Spin 30</b> <i>Angelica</i>	<b>Sunday</b> 12:00-12:30 pm <b>Chisel</b> <i>Fitness Staff</i>
5:30-6:00 pm <b>Spin 30</b> <i>Candace</i>	5:10-5:40 pm <b>Power Yoga</b> <i>Zosia</i>	5:30-6:20 pm <b>Zumba</b> <i>Pamela</i>	5:00-5:50 pm <b>Sculpt</b> <i>Angelica</i>	5:45-6:15 pm <b>HIIT Strength</b> <i>Angelica</i>	
6:30-7:20 pm <b>Yoga</b> <i>Zosia</i>	5:50-6:20 pm <b>Bootylicious</b> <i>Zosia</i>	6:30-6:45 pm <b>6 Pack Abs</b> <i>Fitness Staff</i>	6:00-6:50pm <b>Strong</b> <i>Jenna</i>	<b>SIGN UP FOR SPIN CLASS!</b> Space is limited to the number of bikes in both Spin + and Spin 30 classes. Call us at (519) 354-9100 x 3401 the day of class to reserve your bike. <b>Only one reservation per person.</b>	
	6:30-7:20 pm <b>Sculpt</b> <i>Angelica</i>	7:00-7:50 pm <b>Power Mix</b> <i>Mat</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
- 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

**HealthPlex Hours of Operation**

Monday	6:00 am – 10:00 pm
Tuesday	6:00 am – 10:00 pm
Wednesday	6:00 am – 10:00 pm
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 TO STAY UP-TO-DATE!**



St. Clair College HealthPlex



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## Group Exercise Class Descriptions

<b>6 Pack Abs</b>	15 minutes, totally core focused, need we say more?
<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>Boot Camp</b>	Boot Camp is designed to be different all the time and push you harder than you would push yourself. You'll use a variety of equipment and are guaranteed to sweat!
<b>Bootylicious</b>	Give your glutes the attention they deserve! This 30 minute class will give your glutes, quads, hams and hips a solid workout and leave you feeling <i>bootylicious</i> !
<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>Chisel</b>	This class focuses on strengthening and toning your entire core and includes bursts of cardio intervals to burn extra calories and help create that 'chiseled' look!
<b>Circuit Training</b>	This total body workout is a circuit style offering stations of cardio, strength, plyometric and core training focus. Maximize calorie burn and total body training.
<b>Fly Wheels</b>	We've taken your traditional spin class and amped it up with your favourite hip hop music. You'll feel the beat and the burn!
<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>HIIT Spin</b>	Intervals. Need we say more? Sprints, speed bursts and more of your favourite heart pounding, calorie burning drills await you. Suitable for all participants as all classes are fully adaptable.
<b>HIIT Strength</b>	Strength training supersets and fat burning HIIT exercises come together to create a challenging but fun sweatfest in this workout that only takes 30 minutes out of your day.
<b>Power Yoga</b>	Longer holds in powerful and restorative yoga postures, combined with flexibility that will strengthen mind, body and spirit. Suitable for all participants.
<b>Power Mix</b>	Power Mix combines heart pumping metabolic training with strength and toning exercises plus a TON of core focused movements. Get lean, get toned, and get powerful with Power Mix!
<b>Sculpt</b>	Get functionally strong with Sculpt! This barbell workout incorporates functional strength 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 combined. This 30 minute spin class offers you a fully adaptable workout that's sure to burn a ton of calories!
<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!
<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>Yoga</b>	Build strength, increase stability and flexibility all while learning how to relax your mind. Combining yoga poses from various styles with effective breathing to allow you to get a great workout while building confidence in your abilities.
<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!

### 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 ZJarvis@stclaircollege.ca

