

GROUP EXERCISE

BEGINNING JAN 2, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15-7:00 AM TABATA Ashley	9:30-10:20 AM FUNCTIONALLY FIT Ashley	9:30-10:20 AM CHAIR yoga Sue	6:15-7:00 AM BOOTCAMP Abbie	6:15-7:00 AM GGG Abbie	9:00-9:50AM CHAIR FIT Shanna/Sue
9:30-10:20 AM CHAIR FIT Shanna	10:30-11:20 AM FUNCTIONALLY FIT Ashley	10:30-11:20 AM CHAIR yoga Sue	9:30-10:20 AM FUNCTIONALLY FIT Abbie	9:30-10:20 AM BOOTCAMP Abbie	11:00-11:50 AM BOOTCAMP Shanna/Sue
10:30-11:20 AM CHAIR FIT Shanna	12:10-12:50 PM LIFT Ashley	12:10-12:50 PM PUMP Ashley	11:00-11:50 AM FUNCTIONAL LIFT Candace	10:30-11:10 AM STEP GROOVE Abbie	HEALTHPLEX HOURS MON:6AM-10PM TUES:6AM-10PM WED:6AM-10PM THURS:6AM-10PM FRI:6AM-8PM SAT:7AM-5PM SUN:10AM-4PM
12:10-12:50 PM BOOTCAMP Shanna	4:30-5:20 PM GGG Abbie	4:30-5:20 PM CORE Flow Becky	12:10-12:50 PM STEP GROOVE Abbie	12:10-12:50 PM RUSH Ashley	
4:30-5:10 PM RUSH Abbie	5:30-6:20 PM STEP ZONE Abbie	5:30-6:20 PM ZUMBA Pammy	5:30-6:20 PM PUMP Ashley	5:30-6:20 PM BOOTCAMP Ashley	
5:30-6:20 PM GGG Abbie	GROUP EXERCISE ETIQUETTE <ul style="list-style-type: none"> ARRIVE 10 MINUTES EARLY FOR CLASS ADVISE INSTRUCTOR PRIOR TO CLASS OF ANY PRE-EXISTING INJURIES PLEASE WEAR CLEAN INDOOR SHOES AND PLACE BAGS IN LOCKERS BE SURE TO WIPE DOWN YOUR MAT/EQUIPMENT WHEN FINISHED PLEASE PLACE EQUIPMENT BACK IN ORIGINAL RACKS/LOCATION 	6:30-7:20 PM GGG Olivia	6:30-7:10 PM RUSH Ashley	RESERVE YOUR SPOT IN A CLASS BY USING THE HEALTHPLEX APP OR BY CONTACTING THE MEMBER SERVICES DESK. BOOKINGS FOR THE UPCOMING WEEK WILL OPEN EXACTLY 1 HOUR AFTER THE START TIME OF THE CURRENT WEEK'S CLASS.	
6:40-7:30 PM yoga Sue		DOWNLOAD OUR APP FOR EASIER CLASS BOOKING!		FOLLOW US & STAY UP-TO-DATE!	
		 App Store	 Google Play	 @SCCHEALTHPLEX  ST. CLAIR COLLEGE HEALTHPLEX  STCLAIRCOLLEGE.CA/HEALTHPLEX  (519)354-9100 X3401	

GROUP EXERCISE CLASS DESCRIPTIONS		CLASS CAPACITY
 BOOT CAMP	Boot Camp combines the best of cardiovascular and strength training into an exciting circuit format. Expect to challenge your mind and body as you alternate between high and low intensity exercises through timed intervals of free weights, plyometrics and conditioning.	16
 CARDIO GROOVE	Cardio Groove is a low-impact, high-energy workout that blends classic aerobic moves with fun, easy-to-follow choreography. Set to upbeat music, this class gets your heart pumping and mood lifted - all while being gentle on the joints. Whether you're new to group fitness or a seasoned participant, you'll leave feeling strong, sweaty, and totally in the groove.	16
 CHAIR FIT	Enjoy this blend of Chair Yoga and Functionally Fit! Chair Fit is designed to get the energy flowing through your body as you accomplish a full body stretch. Focusing on balance and coordination, with the assistance of a chair, this class combines standing poses, light weights, and stretch bands. This class is for all ages and requires NO previous yoga experience.	20
 CHAIR yoga	This yoga class is designed for all ages and abilities as all postures are done seated or standing while using a chair. Chair Yoga is great for those who want to improve balance, endurance and physical movement.	20
 CORE flow	Build a strong, stable foundation in this core-focused class that blends targeted strength training, restorative stretching and yoga-inspired flow. You'll engage deep core muscles, improve posture and control and unwind with stretch work designed to lengthen and release. Perfect for anyone wanting a balanced workout that strengthens, refreshes and reconnects the body.	20
 FUNCTIONALLY FIT	This unique class is designed for members of all levels, including those with limited mobility due to age, injury, etc. This circuit - style class is completely modifiable based on your needs, with a focus on improving strength, posture and mobility. Great for beginners!	16
 FUNCTIONAL LIFT	Join us for dynamic strength training with a focus on functional movements. Each session enhances strength, mobility, and overall fitness through purpose and intention. Whether new to fitness or a seasoned enthusiast, find supportive camaraderie and achieve milestones together.	16
 GGG	Glutes, Guts and Guns - a.k.a. - GGG - 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.	16
 LIFT	Squat, Hinge, Lunge, Push, Pull, Carry - These movements are the foundation of this class, and the foundation of movement in every day life. In LIFT, expect a slower pace and challenging weights, with detailed instruction on technique while targeting all the major muscle groups. LIFT hard so you can rock LIFE!	16
 PUMP	This high-energy, full body strength workout syncs every rep to the rhythm of the music. Using barbells, dumbbells and bodyweight exercises, you'll pump up your muscles in a fun, motivating group setting. Get ready to sculpt, tone and build endurance-one beat at a time!	14
 RUSH	Take your ride to the next level with Rush - a fast-paced, 40-minute spin class built for both beginners and experienced riders. This class will have you pushing your endurance and challenging your limits. The fully adaptable format means you control the intensity, making it perfect for every fitness level. Space is limited - don't forget to reserve your bike!	12
 STEP ZONE	Get ready for an energetic workout in the StepZone! This fun, all-levels class combines choreographed step routines to upbeat music, boosting your heart rate and toning your muscles. Whether you're a seasoned stepper or a first-timer, you'll leave feeling fit and energized!	14
 TABATA	Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time. This class is High Intensity Interval Training at it's finest!	16
 yoga	This gentle yoga practice invites you to learn an intuitive movement system called "Organization & Activation." There is a focus on building stability and strength, which safely increases range of motion over time. Postures are very accessible, moving through a slower paced practice which results in skillful movement and high performance aging.	20
 ZUMBA	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!	20