

Group Exercise Schedule

As of January 30th, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:30 Cardio Box Kam □	6:30-7:15 Spinning Nicole □		6:30-7:15 Spinning Nicole □			
8:15-9:00 Core Plus Tiana □		8:15-9:00 Body Design Nina □	8:15-9:15 Pilates Anna □	8:15-9:00 Triple Play 45 Melanie □	8:30-9:30 Spinning Sam □	8:00-9:25 ZumbaMuscleTone* Marie-Therese □
9:00-10:00 Spinning Veronica □	9:00-10:00 Spinning Angelica □	9:00-10:00 Spinning Alex □		9:00-10:00 Spinning Pamela □	8:30-9:30 Sweatshop Martin □	9:25-10:30 Spinning Angelica ▲
9:00-10:00 Cardio Martial Box Tiana □	9:30-10:30 Body Design Terri ▲	9:15-10:15 Sweat to the core Jana □	9:00-10:00 Spinning Kirstin □	9:00-10:00 Zumba Genevieve □	9:00-10:00 Yoga Rhona □	9:35-10:30 Euro Step* Joelle ▲
10:05-11:05 Zumba Genevieve □	10:15-11:15 Pilates Stretch Kevin □	10:15-11:15 Boot Camp* Terri □	9:15-10:15 Sweatshop Julie □	10:05-11:05 Body Design Joelle □	9:35-10:30 Zumba Marie-Therese □	10:30-11:30 Extreme Body Blast Joelle □
10:15-11:15 Yoga Stretch Rhona □	10:30-11:30 Abs, butt & thighs Caroline □	10:30-11:30 Yoga Brenda □	10:15-11:15 Pilates Kevin ▲	10:00-11:00 Yoga Flow Brenda □	9:35-10:35 Spinning Kristina □	10:35-11:35 Yoga Tina □
12:15-1:05 Spinning Laura □	12:15-1:05 Yoga Debra □		10:30-11:30 Low Impact Caroline □		10:05-11:35 Yoga Flow Rhona ▲	10:35-11:35 Spinning Audrey ▲
4:30-5:30 Tabata Joelle K ▲	4:30-5:30 Body Design Melanie □	12:15-1:05 Zumba Genevieve □	12:15-1:05 Yoga Debra □		10:35-11:35 Body Design Caroline □	11:30-1:00 Cardio Box Kam □
5:30-6:30 Core Plus Joelle □	5:30-6:30 Triple Play Julie □	5:00-6:00 Yoga Flow Rhona □	4:30-5:30 Zumba Guylaine □		11:35-12:35 Cardio Box Kam □	
	6:00-7:00 Spinning Jana □	5:30-6:30 Body Design Jennifer □	5:30-6:30 Core Conditioning Joelle K □	5:30-6:30 Triple Play Caroline □		4:00-5:00 Zumba Nancy □
6:00-7:00 Spinning Angelica □	6:30-7:30 Athletic Training Joelle K □	6:30-7:30 Spinning Audrey □	6:15-7:15 Spinning Didier □	5:30-6:30 Spinning Boyana □		
6:30-7:30 Bootcamp Joelle □	7:00-8:00 Budokon Yoga* Gisele ▲	6:30-7:30 Zumba Marie-Thérèse □	6:30-7:30 Bootcamp Circuit Julie □	6:30-7:30 Bootcamp Sam □		
7:00-8:00 Pilates Kevin □	7:15-8:15 Spinning Sam □		6:30-7:45 Gente Yoga & Med. Brigitte/Brenda □			
7:30-8:30 Zumba Nancy □	7:30-8:30 CardioBox Kam □		7:30-8:30 Sweatshop Martin ▲			

Legend

- Aérobic Studio
- Mind & Body Studio
- Spinning Studio

Levels

- All levels
- Intermediate/adv
- New class

For any questions or comments, contact Melanie Shernofsky, Group Fitness Coordinator, at 514 426-0321 or mshernofsky@clubmansfield.ca
Class may be cancelled based on attendance.

GROUP FITNESS CLASS DESCRIPTIONS

AB BLAST:

Work your core like never before in this 30 minute abdominal workout.

ABS, BUTT & THIGHS

Work your lower body with squats & lunges and tone your abdominal muscles with a variety of exercises to make you sweat!

AERO STEP

A great cardiovascular workout with some choreography to get your body moving to the beat!

ATHLETIC TRAINING:

Train like an athlete in this challenging class of intervals of cardio and weight segments. You will work your muscles and endurance like never before, get ready to work hardcore!

BODY DESIGN

100% muscle & strength training! Sculpt & tone your body using a variety of equipment to challenge your muscles like never before!

BOOTCAMP CIRCUIT

An intense workout of challenging exercises to help you reach your maximum potential of cardiovascular & strength. This class is extreme, yet user friendly!

BUDOKON YOGA

Budokon (a fusion of meditation as well as yogic, martial and living arts) helps you explore the physical, emotional and spiritual body. The foundation of Budokon is precision, alignment and Zen mind.

CARDIO DANCE

An eclectic mix of high energy dance steps that will get your body moving to the beat!

CARDIO BOX

This class combines intervals of boxing, aerobics & weights.

An action packed class to get your heart rate up while having fun.

CARDIO BOX PUMP

This class incorporates classic cardio boxing moves along with dynamic & intensive muscular conditioning segments.

CARDI MARTIAL BOX

Boxing, martial arts, Brazilian Capoeira & power fight are put together to create a challenging & powerful cardio workout.

CARDIO MIX BOOTCAMP

Challenge yourself with this powerful, heart pumping mix of cardio components incorporated with intervals of muscular strength and bootcamp moves.

CORE CONDITIONING

Training the muscles of the core (abdominals & back) to develop & increase strength for daily living and regular activities.

CORE PLUS

This class focus on strengthening your abdominals and back, the core of your body, to improve posture and well being.

EURO STEP

Fly to the rhythm of this new and innovative step class! You've stepped, now Euro step! This energizing class promises sizzling moves and cutting edge choreography put together with smooth transitions to create challenging choreographed movements that flow from the floor to the step!
Are you ready to get those endorphins moving?!

EXTREME BODY BLAST

It's time to take your strength training to a higher level. Not your average Body Design class, Extreme Body Blast will shape and tone your body in an extreme and challenging way.

GENTLE YOGA & MEDITATION

Easy to follow yoga poses & breathing techniques to help you relax and re-energize your body and mind. This class finishes off with guided meditation to quiet the busy mind for improved health and to better achieve goals.

LOW IMPACT

A low impact class has dynamic moves to get your heart rate up without any jumping.

PILATES

Pilates is a form of exercises developed by Joseph Pilates which emphasizes the balanced development of the body through core strength, flexibility and awareness in order to support efficient, graceful movement. Core strength is the foundation of Pilates exercises. The core muscles are deep, internal muscles of the abdomen & back. When the core muscles are doing their job as they are trained to do so in Pilates, they support the spine and movement.

POWER YOGA

This class emphasizes strength & flexibility that will make you sweat while working the core as well as movement with breath. This class with relax and energize the most stressed out participant.

SPINNING

Take a ride on a stationary bike and push your body to the limit!
Spinning allows you to work at your own pace while challenging yourself with as much or as little resistance that you need. You will climb hills, sprint and get your heart rate up all while sitting down!
All levels welcome.

SWEATSHOP

The name says it all! Combines cardio intervals, weight training, and lots of sweat.

SWEAT TO THE CORE

A combination of cardio exercises and weight training targeting the midsection for a firm tummy & strong back.

TRIPLE PLAY

Three balanced workouts in one hour! 20 minutes of cardio vascular training, 20 minutes of strength training and 20 minutes of abdominal work & stretching.

TABATA

The ultimate fat burning experience, a new twist on muscle & cardio classes!

Intense segments of cardio, weight training & plyometric training all done in 20 second intervals.

YOGA

Many people think that yoga is just stretching. But while stretching is certainly involved, yoga is really about creating balance in the body through both strength & flexibility. This is done through the performance of poses or postures each of which has specific physical benefits.

YOGA FLOW

Moving from posture to posture in a flowing manner, yoga flow is much like a standard yoga class focusing on using breathing to go deeper into postures.

ZUMBA

Sweat to the latin beat, move your hips like never before, get ready to boogie on the dance floor!
Easy to follow dance steps that will burn lots of calories and tone your body.

ZUMBA MUSCLE TONE

A fun and unique class that combines the best of both worlds...hot Zumba moves followed by strength training.

