



2012 WINTER/SPRING GROUP FITNESS SCHEDULE

Effective January 2nd to May 20th 2012

Drop in's
welcome

Instructors &
class content
may change
without
notice!

Classes are
designed for all
levels of
experience and
condition.

	SUN	MON	TUES	WED	THUR	FRI	SAT
6:00 am		Tae Bo® (Kirsten)	6:30 am Yoga (Bev)		6:30 am Yoga (Bev)		8:30 am Zumba® (Lynda/Coreen)
	10:30 am Bottoms Only (Shawna)		10:00 am Zumba® (Coreen)	9:00 am Tae Bo® (Kirsten)	10:00 am Zumba® (Coreen)	9:00 am Tae Bo® (Kirsten)	10:00 am Step Interval (Shawna)
11:00 pm							Dance Fit (Dale)
12:00 pm						Zumba® (Lynda)	
4:30 pm		Cardio Step (Adam)	Core Workout (Shawna)	Dance Fit (Dale)	Circuit City (Janice)	AB Attack (Shawna/Penny)	
5:30 pm		Spin/Yoga (Donna)	5:45 Hi Lo (Jen)	Cardio Blast (Adam)	Step Interval (Shawna)	Spin/Yoga (Donna)	
6:30 pm			Body Blast (Penny)	Zumba® (Lynda)			

Please be on time
for your class.

For the safety of
others there will
be no admittance
once the class has
started.

Please bring
water and follow
the instructor's
directions!

For a
description
of our
classes
please see
the page
below or visit
our website

SPINNING.



	SUN	MON	TUES	WED	THURS	FRI	SAT
6:00 am							
9:00 am		7:15 am Spin (Jen)	Spin (Vanora)	7:15 am Spin (Jen)	Spin (Vanora)		
10:00 am							Spin (Laura)
12:00 pm	11:30 am Spin(Liz)						
4:30 pm						Spin/Yoga (Donna)	
5:30 pm		Spin/Yoga (Donna)	Spin (Adam)	Spin (Laura)			

www.betterbodieswhitehorse.ca

OUR CLASS DESCRIPTIONS

HI LO: This class introduces you to a combination of low impact moves for the entire body, followed by the same combinations in a high impact version. This class is of moderate intensity.

TAE BO® Fitness is more than training your body and getting in shape. It is important to remember that **TAE BO®** will give back whatever you put into it. It is like sowing and reaping, if you plant a seed and nourish it, it is guaranteed to grow. As your will is tested it is also strengthened. Kirsten's passion will inspire you through the class and throughout your day!

STEP INTERVAL: This class will combine intermediate step combinations with body sculpting intervals. You will use weights, bands and the ball to shape, tone and define every muscle! Great energy....great workout.

DANCE FIT: A little bit funky, a little bit jazzy, a little bit hip-hoppy and a lot of fun. A dance fitness class that gives a cardio workout that challenges the mind and body in such a way that you would never know your exercising.

BODY BLAST: Looking for something to test your fitness level and make you sweat, sweat, sweat? Body Blast is an interval training class incorporating cardio/core and strength for a total body workout! Expect boot-camp style drills such as pop squats, jumping jacks and mountain climbers followed by shorter periods of lower intensity recovery. All resulting in a challenge to take you to your personal max.

CIRCUIT CITY: This very unique class is a series of circuits that consists of strategic exercises that will keep your body guessing, which will allow for quick weight loss and aid in lean muscle gains. Although everyone can go at their own pace, the environment of the class will motivate you to push yourself further than you thought possible. The classes are fun, exciting and different from anything else you have ever tried. While focusing on the core, it is a total body challenge. Circuit City is designed for beginner, intermediate and advanced levels. Anyone can participate.

SPIN YOGA: Spinning is the only safe way to ride without a helmet and truly let your hair down. Enjoy the tunes as we ride at our own level. Each workout has special goals for a training program following periodization guidelines (Endurance, Strength, Interval). This followed by a delicious Shambhava yoga class full of stretches and breath-focused hatha yoga to help us relax, open and align with a more subtle flow of energy!

TOTALLY STEP: This 60 minute workout will challenge your cardio skills while teaching you new combinations to make you sweat. This class will finish you with an Ab blast and cool down!

YOGA: Come join our Yoga classes and work at your own level. Yoga is fun!! It focuses on strengthening and stretching key areas of our bodies for a greater diversity of overall body conditioning. It renews, invigorates and heals our bodies. Yoga is fiery, energizing and active as well as grounding, calming and relaxing.

CORE WORKOUT: Beginner to advanced, this is a perfect class for everyone! You will use the ball and weights to do a variety of exercises that will tone and strengthen all your major muscles groups. Finish off this 45-minute workout with Abs and a stretch.

CARDIO STEP: A hi intensity step aerobics class that will challenge your cardio fitness, with a body and weight segment as well that will have your upper body feeling worked and pushed.

BOXER STEP: A Mixed Martial Arts style class that combines the aspects of Aerobic Boxing with Step Aerobics to challenge the entire body!

ZUMBA® This exciting class fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

SPIN

STRENGTH: *This workout is slow, steady with an emphasis on hard resistance work. The work is hill specific with the goal of building power!*

INTERVAL: *This workout makes use of flats & hills, acceleration drills and jumps with recovery time in between. Participants will work aerobically and anaerobically.*

ENDURANCE: *The goal of the Endurance Energy Zone is to increase your aerobic capacity.*