

# STUDIOS 1 + 2

WINTER GROUP FITNESS SCHEDULE EFFECTIVE MARCH 1, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 - 8 am <b>SAVAGE TRAINING ACADEMY</b> * Mike 600-800 CAL.	7 - 8 am <b>HARD CORE PILATES</b> * Natalya 300+ CAL.	6:15 - 7:45 am <b>YOGO</b> ▲ David 800-1000 CAL.	5:30 - 6:30 am <b>YOGA (Int)</b> * Josie 300+ CAL.	6:30 - 7:30 am <b>POWER PUMP</b> * Rebecca 600-800 CAL.	10 - 10:45 am <b>CARDIO BLAST</b> * Jorhdin 600-800 CAL.	10 - 11 am <b>PILATES</b> * Maria 300+ CAL.
7:30 - 8 am <b>CORE EXPRESS</b> ◆ Karen 300+ CAL.	11:30 - 12pm <b>ESSENTRICS</b> * Kelly 300+ CAL.	12 - 1 pm <b>KICKBOXING</b> ◆ Dexter 800-1000 CAL.	7 - 7:30 am <b>CIRCUIT TRAINING</b> * Lauren 300+ CAL.	12 - 1 pm <b>KICKBOXING</b> ◆ Dexter 800-1000 CAL.	10:45 - 11:30 am <b>BODY DESIGN</b> * Jorhdin 600-800 CAL.	11 - 12 pm <b>POWER PUMP</b> * Rob 600-800 CAL.
12 - 1 pm <b>BOXING</b> ◆ Dexter 800-1000 CAL.	12 - 1 pm <b>HATHA YOGA (Beg/Int)</b> ◆ Jennifer 300+ CAL.	12 - 12:45 pm <b>CARDIO SCULPT</b> * Rob 600-800 CAL.	7:30 - 8 pm <b>CORE EXPRESS</b> * Lauren 300+ CAL.	12:15 - 1 pm <b>ATHLETIC INTERVALS</b> * Jorhdin 600-800 CAL.	10:45 - 11:45 am <b>HATHA YOGA</b> ◆ Jennifer 300+ CAL.	
12 - 12:45 pm <b>ROCK SOLID BODY</b> * Rebecca 600-800 CAL.	12 - 12:45 pm <b>ABS'olutely RIPPED</b> * Kelly 300+ CAL.	12:45 - 1:30 pm <b>ZUMBA</b> * Nile 600-800 CAL.	12 - 12:45 pm <b>BRAZILIAN BUTT LIFT</b> * Kelly 400-600 CAL.	1 - 2 pm <b>ASHTANGA YOGA (Int)</b> * David 300+ CAL.		
12:45 - 1:30 pm <b>CHISELLED ABS &amp; ARMS</b> * Debra 300+ CAL.	12:45 - 1:30 pm <b>POWER PUMP</b> * Kelly 600-800 CAL.	1 - 2 pm <b>HATHA YOGA (Beg/Int)</b> ◆ Matthew 300+ CAL.	12 - 1 pm <b>POWER YOGA</b> ◆ Natalya 300+ CAL.	5 - 6:30 pm <b>YOGO</b> ▲ David 800-1000 CAL.		
1 - 2 pm <b>POWER YOGA (Beg/Int)</b> ◆ Josie 300+ CAL.	1 - 1:45 pm <b>ATHLETIC PILATES</b> ◆ Joanne 300+ CAL.	5:15 - 6 pm <b>POWER ABS</b> * Alix 300+ CAL.	12:45 - 1:30 pm <b>POWER PUMP</b> * Kelly 600-800 CAL.			
4 - 5 pm <b>RESTORATIVE YOGA</b> ◆ Natalya 300+ CAL.	5:15 - 6:15 pm <b>DYNAMIC CONDITIONING</b> * Rob 400-600 CAL.	5:30 - 6:30 pm <b>HATHA YOGA (Beg)</b> ◆ Natalya 300+ CAL.	1 - 2 pm <b>YIN YOGA</b> ◆ Leo 300+ CAL.			
5:15 - 6 pm <b>POWER ABS</b> * Rob 300+ CAL.	6:30 - 7:30 pm <b>POWER YOGA</b> * Sarah 300+ CAL.		5:15 - 6:15 pm <b>PILATES &amp; STRETCH</b> * Karen 300 CAL.			
5:30 - 6:30 pm <b>HATHA YOGA (Beg/Int)</b> ◆ Dennison 300+ CAL.			5:30 - 6:30 pm <b>KICKBOXING</b> ◆ Dexter 800-1000 CAL.			
6 - 7 pm <b>POWER PUMP</b> * Rob 600-800 CAL.						
7 - 7:30 pm <b>CLASSIC STRETCH</b> * Rob 300+ CAL.						

- \* Studio 1, 37th floor
- ◆ Studio 2, top floor
- ▲ Cycling Studio & Studio 1
- ☀ Cycling Studio
- ⊕ Pool



# CYCLING STUDIO & POOL

WINTER GROUP FITNESS SCHEDULE EFFECTIVE MARCH 1, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:30 am <b>CYCLING</b> ☀️ Derek 800-1000 CAL.	6:30 - 7:30 am <b>CYCLING</b> ☀️ JS 800-1000 CAL.	6:15 - 7:45 am <b>YOGO</b> ▲ David 800-1000 CAL.	6:30 - 7:30 am <b>CYCLING</b> ☀️ Tom 800-1000 CAL.	6:30 - 7:30 am <b>CYCLING</b> ☀️ Sarah 800-1000 CAL.	9 - 10:30 am <b>CYCLING</b> ☀️ SIGN-UP REQ'D Tom 800-1000 CAL.	
12 - 12:50 pm <b>CYCLING</b> ☀️ SIGN-UP REQ'D Marc 600-800 CAL.	11:30 - 12:45 pm <b>CYCLING</b> ☀️ SIGN-UP REQ'D Tonya 800-1000 CAL.	12 - 12:50 pm <b>CYCLING</b> ☀️ SIGN-UP REQ'D Kelly 600-800 CAL.	11:30 - 12:45 pm <b>CYCLING</b> ☀️ SIGN-UP REQ'D Jerome 800-1000 CAL.	12 - 12:50 pm <b>CYCLING</b> ☀️ SIGN-UP REQ'D James 600-800 CAL.		
12:15 - 1 pm <b>MASTERS SWIM</b> 🌊 600-800 CAL.	11:30 - 12:30 pm <b>MASTERS SWIM</b> 🌊 800-1000 CAL.	12:15 - 1 pm <b>MASTERS SWIM</b> 🌊 600-800 CAL.	11:30 - 12:30 pm <b>MASTERS SWIM</b> 🌊 800-1000 CAL.	12:15 - 1 pm <b>MASTERS SWIM</b> 🌊 600-800 CAL.		
5:30 - 7 pm <b>TACTC SWIM</b> 🌊 800-1000 CAL.	5:30 - 6:15 pm <b>LIQUID GYM</b> 🌊 Nancy 400-600 CAL.	12:55 - 1:15 pm <b>ABS'session</b> ☀️ Kelly 300+ CAL.	5 - 5:30 pm <b>AQUA ACCELERATE</b> 🌊 Katherine 300+ CAL.	12:55 - 1:15 pm <b>ABS'session</b> ☀️ James 300+ CAL.		
6 - 7 pm <b>CYCLING</b> ☀️ Paul 800-1000 CAL.	6 - 7 pm <b>CYCLING</b> ☀️ Tom 800-1000 CAL.	5:15 - 6 pm <b>MASTERS SWIM</b> 🌊 600-800 CAL.	6 - 7 pm <b>CYCLING</b> ☀️ Jerome 800-1000 CAL.	5 - 6:30 pm <b>YOGO</b> ▲ David 800-1000 CAL.		
		6 - 7 pm <b>CYCLING</b> ☀️ Carman D 800-1000 CAL.				

## SWIMMING LESSONS

To book lessons or for any inquiries, please contact **Alyssa Adair**, TAC Swim Trainer at **416-865-0900 ext 253** or email [almadair@gmail.com](mailto:almadair@gmail.com)

## INTRODUCE YOURSELF AS A NEW MEMBER...

so the instructor can properly assist you through the beginning stages.

### CLASS LEVEL GUIDE:

Beg = Beginner  
 Beg/Int = Beginner/Intermediate  
 Int = Intermediate  
 Int/Adv = Intermediate/Advanced  
 Adv = Advanced

All participants are welcome to all classes.



### QUESTIONS?

For more information on our Group Exercise Programmes, please contact **Kelly Kirkpatrick**, at **416-865-0900 ext 265** or by email at [groupex@torontoathleticclub.com](mailto:groupex@torontoathleticclub.com)



# CLASS DESCRIPTIONS

## WEIGHT TRAINING CLASSES

**ABS'olutely Ripped** – This workout zeros in on the trunk and abs using the most current and creative techniques of core training. **Tues. 12pm**

**ABS'session** – A 30 minute intense core class that focuses on technique and high repetitions while developing stronger abs and back. **Wed. & Fri. 12:55pm**

**Body Design** – Work every muscle to improve muscular strength and endurance. **Sat. 10:45am**

**Brazilian Butt Lift** – This class will include high intensity cardio drills with strengthening and flexibility exercises designed to sculpt and lift those hard to reach areas. Cancel your plastic surgery appointment and take Kelly's new signature class! **Thurs. 12pm**

**Chiselled Abs & Arms** – Use weights and body resistance to sculpt your core and upper body. Get results without injury and a workout unlike anything you've ever experienced before! **Mon. 12:45pm**

**Core Conditioning/Power Abs** – An intense 45 minute non-aerobic conditioning class that focuses on the abdominal and lower back region. Enhances abdominal definition and core stability and strengthens lower back. This class will hit you where it counts!

**Mon. 5:15pm; Wed. 5:15pm Core-Express/Quick Fit Abs** – A ½ hour workout dedicated to bringing you closer to your 6 pack. A class focused solely on strengthening the abdominal & core muscles. **Mon. 7:30am; Thurs. 7:30am**

**Power Pump** – Activate your life in only one hour! POWER PUMP is the fastest way to get in shape and lose body fat! This class will increase your strength and muscles endurance. You will utilize adjustable barbells to perform simple, basic exercises. The barbells allow you to pick the perfect weight to begin with and then add more as you get stronger and stronger. The simplicity of this class makes POWER PUMP a great starting point to develop strength and confidence. **Mon. 6pm; Tues. 12:45pm; Thurs. 12:45pm; Fri. 6:30am & Sun. 11am**

**Rock Solid Body** – Calorie-burning weight training that is simple, fast and fun. Be ready for intervals that may include kickboxing, plyometrics, athletic drills and more. Easy to modify so it's challenging to all levels. This class is an absolute must in creating the perfect recipe for success! **Mon. 12pm**

## CARDIO AND WEIGHTS

**Athletic Intervals** – Calorie burning cardio and weight training... simple fast and fun. Be ready for intervals that elevate your heart rate, your spirits and sweat yourself into that fit body. **Fri. 12:15pm**

**Cardio Blast** – A combination of step and hi/low. **Sat. 10am**

**Cardio Sculpt** – Total Body Workout for both muscular strength and endurance. Continuous movement that keeps the heart rate up for a sweat drenched sculpting and cardio session. **Wed. 12pm**

**Circuit Training** – Intervals of cardiovascular mixed with resistance training that will increase your heart rate to maximize your body's ability to burn fat. **Thurs. 7am**

**Dynamic Conditioning** – Reap the benefits of this ultimate calorie-burning workout! A challenging combination of cardiovascular drills and resistance training. Varying types of equipment may be used in this class to target all the major muscle groups. Fun and effective for all fitness levels. **Tues. 5:15pm**

**Savage Training Academy** – Total body sculpting combining muscle conditioning with high energy cardio intervals creating both muscular strength and cardiovascular endurance for an all-over body workout. Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training using weights, bands, body bars, steps, calisthenics and much more! **Mon. 7am**

## CARDIO CLASSES

**Aqua Accelerate** – A 30 minute high intensity class designed to strengthen aerobic conditioning and sculpt muscles through aquatic resistance training. Open to all levels, this liquid weight room workout

will leave you feeling completely revitalized after the demands of a busy day. **Thurs. 5pm**

**Boxing** – Learn the art of boxing as you increase upper body strength, endurance, speed and reflexes. It also provides an excellent cardio workout. **Mon. 12pm**

**Cycle** – An amazing cardiovascular workout performed on indoor bikes to simulate the workout of an outdoor cycle. **Mon. Tues. Thurs. & Fri. 6:30am; Tues. & Thurs. 11:30am; Mon. Wed. & Fri. 12pm; Mon. Tues. Wed. & Thurs. 6pm**

**Kickboxing** – This class offers a total body workout that focuses on flexibility, hand/foot coordination, core strength and cardio conditioning. **Wed. & Fri. 12pm & Thurs. 5:30pm**

**Liquid Gym** – *Aquafitness*: a water workout to burn fat, tone muscles and feel re-energized! Cross train to improve balance, strength, agility, endurance and flexibility. Create a high intensity workout or move slowly to work your way into fitness. Push and pull the water with as much force as you desire, you are in the 'drivers' seat! **Tues. 5:30pm**

**Yogo** – This unique class combines 45 minutes of spinning with 45 minutes of yoga, creating the ultimate workout for your mind, body and spirit. **Wed. 6:15am & Fri. 5pm**

**Zumba** – Fuses hypnotic Latin rhythms and easy to follow dance moves that creates a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. **Wed. 12:45pm**

## MIND/BODY CLASSES

**Ashtanga Yoga** – An intense strength workout connecting a series of postures with a focus on breath and control. **Fri. 1pm**

**Classic Stretch** – A profound technique which teaches individuals to isolate and stretch individual muscles in order to deliver a more rewarding workout experience. **Mon. 7pm**

**Essentrics** – Improve your posture and flexibility, make your waist thinner, legs leaner and your body feeling more agility with Essentrics. The Essentrics workout is based on eccentric strengthening which stretches the muscles then strengthens them in the elongated position creating a lean toned body. This is a full-body flexibility technique that works through the muscle chains liberating, relieving from tension and empowering the muscles in the process. **Tues. 11:30am**

**Hard Core Pilates/Athletic Pilates** – Enhanced classic mat through the use of many toys including bands and magic circles to further challenge your core. This class moves a bit faster with an emphasis on strengthening the core and flexibility for other activities, such as cycling and running. Be prepared to work up a sweat! **Tues. 7am & 1pm; Sun. 10am**

**Hatha Fundamentals** – Designed for beginners, yet steeped in the fundamental technique that can sharpen the practice of an experienced practitioner. This class will soothe and strengthen as it focuses on joint mobility, range of motion, basic standing and sitting postures. **Mon. 5:30pm; Tues. 12pm; Wed. 1pm & 5:30pm; Sat. 10:45am**

**Pilates & Stretch** – A series of exercises performed on a mat to strengthen the core muscles and lengthen tight muscles of the lower body. Benefits include core strength and overall flexibility. **Thurs. 5:15pm**

**Restorative Yoga** – Soothing and well-supported poses offer us the opportunity to linger quietly for a few moments and savor the simple sweetness of life. Enjoy the rewards of dropping deep into poses supported where you can find peace of mind. **Mon. 4pm**

**Yin Yoga** – A profound technique which teaches individuals to isolate and stretch. Yin Yoga practice targets the connective tissues of the body - ligaments, tendons and myofascia. Postures are held passively for several minutes in order to release tension to allow the joints to move through their full range. Exceptional for supporting healing of soft tissue injury and to develop a subjective (inner) knowing about the specifics of our own alignment and range limitations. This practice culminates in a light body that moves easily. **Thur. 1pm**

**Yoga** – Invigorating, spontaneous and playful. This class is sure to make you sweat while stretching you both physically and mentally. Focus on flowing movement coupled with holding seated, standing, prone and inverted poses for timed increments while harnessing the breath to ignite the reserves of energy that lie dormant within you. **Mon. 1pm; Tues. 6:30pm & Thurs. 5:30am**