

STUDIOS 1 + 2

WINTER GROUP FITNESS SCHEDULE EFFECTIVE JANUARY 9, 2012

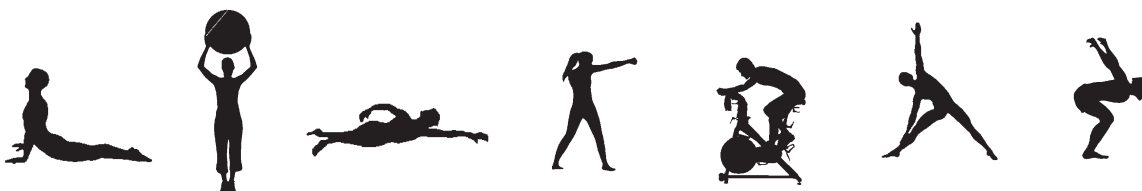
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 - 8 am SAVAGE TRAINING ACADEMY * Mike 600-800 CAL.	7 - 7:30 am CIRCUIT TRAINING * Jen 300+ CAL.	6 - 7:30 am YOGO ★ David 800-1000 CAL.	5:30 - 6:30 am YOGA (Int) * Ian 300+ CAL.	NEW TIME 6:45 - 7:30 am PILATES WITH PROPS ◆ Chelsea 300+ CAL.	10 - 10:45 am CARDIO BLAST * Jorhdin 600-800 CAL.	10 - 11 am PILATES ATHLETIC CONDITIONING * Maria 300+ CAL.
12 - 1 pm BOXING ◆ Dexter 800-1000 CAL.	7:30 - 8 am MID SECTION MELTDOWN * Jen 300+ CAL.	12 - 1 pm KICKBOXING ◆ Dexter 800-1000 CAL.	NEW CLASS 7 - 8 am PILATES ◆ Joyce 300+ CAL.	7 - 7:45 am POWER PUMP * Amanda 600-800 CAL.	10:30 - 12 pm YOGA FUSION ◆ Robert 300+ CAL.	11 - 12 pm POWER PUMP * Rob 600-800 CAL.
12 - 12:45 pm GROOVIN' CARDIO * Alix 300-400 CAL.	12 - 12:45 pm TRI-A-CONDITIONING * Jerome 600-800+ CAL.	12 - 12:45 pm TABATA * Rob 600-800 CAL.	12 - 12:45 pm LOWER BODY BURN * Jen 400-600 CAL.	12 - 1 pm KICKBOXING ◆ Dexter 800-1000 CAL.	10:45 - 11:30 am BODY DESIGN * Jorhdin 600-800 CAL.	NEW CLASS 12 - 1 pm HATHA REJUVENATION ◆ Bryan 300+ CAL.
12:45 - 1:30 pm CHISELLED BODY SCULPT * Jen 400-500 CAL.	12 - 1 pm HATHA YOGA (Beg/Int) ◆ Ian 300+ CAL.	12:45-1:30 pm CARDIO DANCE PARTY * MJ 400-500 CAL.	12 - 1 pm POWER YOGA ◆ (Beg/Int) Josie 300+ CAL.	NEW CLASS 12:15 - 1 pm SUPER SCULPT & CORE * Jorhdin 400-500 CAL.		
1 - 2 pm POWER YOGA ◆ (Beg/Int) Marc 300+ CAL.	12:45 - 1:30 pm POWER PUMP * Jen 600-800 CAL.	1 - 2 pm HATHA YOGA (Beg/Int) ◆ Matthew 300+ CAL.	12:45 - 1:30 pm POWER PUMP * Kevin 600-800 CAL.	1 - 2 pm ASHTANGA YOGA (Int) * Robert 300+ CAL.		
5:15 - 6 pm POWER ABS * Rob 300+ CAL.	1 - 1:45 pm PILATES, STRAIGHT UP! ◆ Joanne 300+ CAL.	5:15 - 6 pm HARD CORE CUTS * Alix 600-800 CAL.	1 - 2 pm YIN YOGA ◆ Chelsie 300+ CAL.	4:30 - 5:30 pm STRETCH HEAVEN * Jorhdin 300+ CAL.		
5:30 - 6:30 pm HATHA YOGA (Beg/Int) ◆ Bryan 300+ CAL.	5:15 - 6 pm BOOT CAMP * Rob 400-600 CAL.	5:30 - 6:30pm HATHA YOGA (Beg) ◆ Robert 300+ CAL.	5:30 - 6:30 pm KICKBOXING ◆ Dexter 800-1000 CAL.	5:30 - 6:30 pm IRON YOGA * Bryan 300-400 CAL.		
6 - 7 pm POWER PUMP * Rob 600-800 CAL.	6 - 7 pm POWER YOGA * Bryan 300+ CAL.	6 - 7 pm TABATA * Rob 800-1000 CAL.	NEW CLASS 5:30 - 6:30 pm NEW YORK STYLE PILATES * Stephanie 300+ CAL.			
7 - 7:30 pm STRETCH HEAVEN * Rob 300+ CAL.	NEW CLASS 6 - 7 pm ELDOA-MYO-LATES ◆ Joyce 300+ CAL.					

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

CLASS LEVEL GUIDE:

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

All participants are welcome to all classes.



CYCLING STUDIO & POOL

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:30 am CYCLING ☀️ Derek 800-1000 CAL.	NEW INSTRUCTOR 6:30 - 7:30 am CYCLING ☀️ Derek 800-1000 CAL.	6 - 7:30 am YOGO ★ David 800-1000 CAL.	6:30 - 7:30 am CYCLING ☀️ Tom 800-1000 CAL.	6:30 - 7:30 am CYCLING ☀️ Sarah 800-1000 CAL.	9 - 10:30 am CYCLING ☀️ SIGN-UP REQ'D Tom 800-1000 CAL.	
12 - 12:50 pm CYCLING ☀️ SIGN-UP REQ'D Marc 600-800 CAL.	11:30 - 12:45 pm CYCLING ☀️ SIGN-UP REQ'D Meg 800-1000 CAL.	12 - 12:50 pm CYCLING ☀️ SIGN-UP REQ'D Jen 600-800 CAL.	11:30 - 12:45 pm CYCLING ☀️ SIGN-UP REQ'D Jerome 800-1000 CAL.	12 - 12:50 pm CYCLING ☀️ SIGN-UP REQ'D James 600-800 CAL.		
12:15 - 1 pm MASTERS SWIM 🌊 600-800 CAL.	11:30 - 12:30pm MASTERS SWIM 🌊 800-1000 CAL.	12:15 - 1 pm MASTERS SWIM 🌊 600-800 CAL.	11:30 - 12:30pm MASTERS SWIM 🌊 800-1000 CAL.	12:15 - 1 pm MASTERS SWIM 🌊 600-800 CAL.		
5:30 - 7 pm TACTC SWIM 🌊 800-1000 CAL.	5:30 - 6:15 pm BOOT CAMP, AQUA STYLE 🌊 Corinna 400-600 CAL.	12:50 - 1:05 pm AB ATTACK ☀️ Jen 150 CAL.	NEW CLASS 5:30 - 6:30 pm CYCLING ☀️ Jorhdin 600-800 CAL.	12:50 - 1:05 pm AB ATTACK ☀️ James 150 CAL.		
6 - 6:50 pm CYCLING ☀️ Jeff 600-800 CAL.	6 - 7 pm CYCLING ☀️ Tom 800-1000 CAL.	5:15 - 6 pm MASTERS SWIM 🌊 600-800 CAL.		1:05 - 1:50 pm HIT, AQUA STYLE 🌊 Corrina 400-600 CAL.		
		5:30 - 6:30 pm CYCLING ☀️ Carman D 800-1000 CAL.				

SWIMMING LESSONS

To book lessons or for any inquiries, please contact **Stephanie**, Swim Trainer at 416-865-0900 ext 253 or email stephanie@torontoathleticclub.com

INTRODUCE YOURSELF AS A NEW MEMBER...

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



QUESTIONS?

For more information on our Group Exercise Programmes, please contact **Jennifer Raven**, at 416-865-0900 ext 258 or by email at jraven@torontoathleticclub.com



TORONTO
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CAMBRIDGE GROUP OF CLUBS

CLASS DESCRIPTIONS

WEIGHT TRAINING CLASSES

Ab Attack – Fusion Training is a post spin stretch and core conditioning class combining Pilates, Yoga & Core Conditioning to provide optimal spinal support training. **Wed. & Fri. 12:50pm**

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

Chiselled Body Sculpt – 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**

Hard Core Cuts – Need to add the finishing touches to your strength and cardiovascular workouts? This class will strengthen your core (abs, low back & more) and give you an intense total body workout. Non-stop functional movement with an emphasis on core-definition, fat-burning and strength. You'll be amazed at the intensity...and the results. **Wed. 5:15pm**

Lower Body Burn – This class will include high intensity cardio drills with strengthening and flexibility exercises designed to sculpt and lift those hard to reach areas. **Thurs. 12pm**

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. 7am & Sun. 11am**

CARDIO AND WEIGHTS

Boot Camp – 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**

Cardio Blast – Amazing combination to invigorate and energize your Saturday. **Sat. 10am**

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

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**

Super Sculpt & Core - Come to sweat, sculpt and see results! This class will incorporate an entire body workout while have a large focus on your mid section. Using a variety of equipment, you'll challenge every muscle and get a cardiovascular workout in due to it's non-stop format. Come and see what you can accomplish! **Fri. 12:15pm**

Tri-A-Conditioning - A serious interval class that will kick-start even the most hard core exerciser... finding the Triathlete in us all! Train using the BOSU, Swiss ball, and Bungee to condition, balance and stretch. **Tues. 12pm**

CARDIO CLASSES

Boot Camp, Aqua Style – A Mix of Cardio intervals, Muscle intervals & core. Improves cardio vascular fitness, increases strength, improves flexibility & strengthens core. Challenging, Fun & safe. **Tues. 5:30pm**

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. Sign-up with reception for lunch-time and Saturday classes after 7am the day of. Bikes held for up to 10 minutes of class start time! **Mon. Tues. Thurs. & Fri. 6:30am; Tues. & Thurs. 11:30am; Mon. Wed. & Fri. 12pm; Wed. & Thurs. 5:30pm; Mon. & Tues. 6pm**

Cardio Dance Party - Come join the fun where you will step, slide, shake and hustle while getting your heart rate up! You will learn basic dance steps to popular songs! NO dance experience required! Just be ready to sweat and release your inner dancer! **Wed. 12:45pm**

HIT, Aqua Style – High intensity interval training. Using the Tabata Protocol 20 seconds intense cardio followed by 10 second rest. Little method consisting of 60 seconds intense cardio followed by core work. Same concept for the muscle intervals. Challenging, energizing, Fun, & Safe. **Fri. 1:05pm**

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**

Tabata interval training is the single most effective type of high intensity interval training and surprisingly it only last for four minutes per muscle group! But those four minutes produce remarkable effects. **Wed. 12 & 6pm**

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. 6am**

MIND/BODY CLASSES

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

Eldoa-Myo-Lates – This class will be a combo of Pilates based strengthening exercises with ELDOA and Myofascial Stretching (MFS), the two revolutionary techniques created by French osteopath Guy Voyer. The ELDOA postural exercises will address specific levels in the spine to improve your posture and the health of your spinal discs. The MFS technique will focus on actively stretching the muscles and simultaneously the fascial chain, as a result decreasing the risk of injury and “wear and tear” on joints, increasing body awareness and improving athletic performance. **Tue. 6pm**

Hatha Rejuvenation - Come and enjoy a gentle hatha yoga with a restorative element. This class will focus on postural conditioning, breath and relaxation along with mindful movement. A great way to reconnect with your body and mind and prepare for the week. **Sun. 12pm**

Hatha Yoga – 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**

Iron Yoga – Sooth tight areas of the body while strengthening and toning with a continuous yogic flow. Enhanced resistance will be introduced in variations of traditional yoga poses by incorporating weights and other props. Open to all levels and beneficial to anyone seeking stronger, more developed muscles and a relaxed state of body and mind. **Fri. 5:30pm**

Mid Section Meltdown/Pilates, Straight Up/Pilates Athletic Conditioning - 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. 7:30am & 1pm; Thur. 7am & Sun. 10am**

New York Style Pilates - Learn the authentic Pilates sequences passed down to Stephanie by Joseph Pilates protégé in NYC. A challenging class that requires focus, balance, flexibility and strength. **Thur. 5:30pm**

Pilates with Props - This class will compliment your endurance sports training regime and help you to become stronger and faster while offsetting the negative effects of triathlon training. Pilates will strengthen your core, lengthen your muscles and will gradually retrain your body to use muscles more efficiently and save energy; leaving you more energy to go faster! **Fri. 6:45am**

Stretch Heaven - The perfect mind/body stretch to release and relax out muscle and mind tension to start the weekend refreshed and ready to go! **Mon. 7pm; Fri. 4:30 pm**

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/Power 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. 6pm & Thurs. 5:30am**

Yoga Fusion – unites hatha yoga postures, ashtanga movement & breath control with gymnastics and dance. Demanding postures are broken down into basic levels allowing you to customize the class to your energy level, challenging beginner through advanced students. This unique workout will engage your muscles, open your joints, arouse your mind and lift your spirits. **Sat. 10:30am**