

GROUP FITNESS SCHEDULE

EFFECTIVE NOVEMBER 14, 2024

ONLINE SIGN-UP REQUIRED FOR ALL CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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MORNING CLASSES

	<p>7 - 7:45 am TABATA Robert S</p>	<p>6:30 - 7 am CORE & MOBILITY Marvin</p>	<p>6:30 - 7:30 am CYCLING Brian</p>		<p>9:30 - 10:15 am CYCLING Felix</p>	<p>8:30 - 9:45 am LONG RIDE Larysa</p>
<p>7:30 - 8:15 am MINDFUL FLOW PILATES Lexi</p>		<p>7 - 7:45 am CYCLING Courtney</p>			<p>9:30 - 10:15 am BOXING Richard</p>	<p>9:30 - 10:30 am HATHA YOGA Ian</p>
					<p>10:30-11:45 am YOGA FUSION Robert Y</p>	

CLASS & TIME CHANGE


LUNCH-TIME CLASSES


			<p>11 - 11:30 am HIIT THE CORE Marvin</p>	<p>11 - 11:45 am BRING YOUR 'A' GAME Marvin</p>		
<p>12 - 12:45 pm RIP IT UP Marvin</p>	<p>11:45am-12:45pm VINYASA YOGA Ian</p>	<p>12 - 12:45 pm CYCLING Vivian</p>	<p>12 - 12:55 pm YIN YANG Vishana</p>	<p>12 - 12:45 pm CYCLING James</p>		
<p>12 - 12:45 pm CYCLING Larysa</p>	<p>12 - 1pm CYCLING Brian</p>	<p>12 - 12:40 pm HIIT BLITZ Michael B</p>	<p>12 - 1:15 pm CYCLING Meg</p>	<p>12 - 12:45 pm BOXING Richard</p>		
<p>1 - 2 pm HATHA YOGA Robert Y</p>	<p>1 - 1:45 pm STRENGTH AND CONDITIONING Amanda</p>	<p>1 - 1:45 pm PILATES Maria</p>	<p>1 - 1:45 pm CARDIO SCULPT Tania</p>	<p>1 - 2 pm VINYASA FLOW Robert Y</p>		

EVENING CLASSES

			<p>5 - 5:45 pm BOXING Richard</p>			
<p>5 - 5:30 pm POWER PUMP Marvin</p>	<p>5 - 5:45 pm POWER YOGA Vivian</p>	<p>5:30 - 6:30 pm GENTLE HATHA YOGA Robert Y</p>		<p>5:30 - 6:30 pm POWER YOGA Laurie</p>		
<p>5:30 - 6:15 pm CYCLING Felix</p>	<p>5:45 - 6:45 pm TAC RIDE Vivian</p>	<p>5:30 - 6:15 pm VIDEO HITS RIDE Felix</p>				
<p>5:45 - 6:30 pm HATHA REJUVENATION Vivian</p>	<p>6 - 6:45 pm PEAK PERFORMANCE Johnny</p>	<p>7:15 - 8 pm PILATES Lexi</p>	<p>6 - 6:45 pm CORE STABILITY Vivian</p>			
<p>7 - 8 pm DANCE PARTY Alex</p>	<p>7 - 7:45 pm PEAK PERFORMANCE Johnny</p>		<p>7 - 7:45 pm POWER FUSION Johnny</p>			

LEGEND:

 Studio 1, 37th floor

 Cycling Studio

INTRODUCE YOURSELF AS A NEW MEMBER...

so the instructor can properly assist you through the beginning stages



Gavin Wijayaratnam

Director of Group Fitness

gavin@torontoathleticclub.com

torontoathleticclub.com

CLASS DESCRIPTIONS

CARDIO CLASSES

Cardio Sculpt – First half of the class is a challenging full-body high intensity (HIIT) workout. Second half of the class we will be focusing on pilates principles. This class has it all, cardio, endurance, strength, and flexibility.

Cycle – An amazing cardiovascular workout performed on indoor bikes to simulate the workout of an outdoor cycle. Sign-up online for lunch-time & Saturday classes after 6am the day of. Bikes held for up to 5 minutes of class start time!

CARDIO & WEIGHTS

Bring your “A” Game – Up your game & be ready for a fun challenge! Using sports drills, you will hone your coordination, strength & endurance that will assist you in any sport. & if nothing else, you’ll get a great workout. You will not regret joining this class!

Core & Mobility – No time? No excuses! A fast paced workout geared toward getting you fit quick! High Intensity Interval training (HIIT) for a full body workout in 30 minutes.

Core Stability – We will work on foundational core strength to improve posture and overall stability.

HIIT Blitz – A high-energy fitness class designed to burn fat and build strength through intense, fast-paced interval training. Combining bursts of all-out effort with short recovery periods, this workout maximizes calorie burn and boosts cardiovascular fitness in a short amount of time. Perfect for those looking to push their limits, HIIT Blitz will leave you feeling energized, and accomplished.

MIND/BODY CLASSES

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

Hatha Yoga – Designed for beginners, yet steeped in the fundamental technique that can sharpen the practice of an experienced practitioner. This class will soothe & strengthen as it focuses on joint mobility, range of motion, basic standing & sitting postures.

Mindful Flow Pilates – A dynamic fitness class that combines the core-strengthening benefits of Pilates with mindful movement and breathwork. This class focuses on enhancing flexibility, improving posture, and building strength through controlled, flowing movements. Suitable for all fitness levels, Mindful Flow Pilates helps you cultivate body awareness, reduce stress, and achieve a balanced mind-body connection.

WEIGHT TRAINING CLASSES

HIIT the Core – Get the Best of both worlds with an efficient High Calorie burn through Peak Cardiovascular training fused with core work.

Power Fusion – Anything goes in this full-body workout, fusing cardio and power with agility and mobility to help maximize your efforts for better results. Expect the unexpected in this class, as you use dumbbells with Bosu balls, weighted barres, and barbells to improve your balance, coordination and strength.

Tabata – Interval training is the single most effective type of high intensity interval training & surprisingly it only lasts for four minutes per muscle group! But those four minutes produce remarkable effects.

Peak Performance – A combination of Power, Strength and HIIT training to propel your inner athlete.

Rip It Up! – This class will challenge you to your max! Come out & perform the prescribed workout for the day. This class utilizes all your skills, from endurance, strength, power & determination. Adding this to your training routine will enhance your gains & bragging rights!

Yoga Strong – A combination of strength training and yoga to ensure a workout that provides the best of mobility, strength and endurance. Not your average yoga class, get ready to turn it up a notch!

Pilates – Enhanced classic mat through the use of many toys including bands & magic circles to further challenge your core. This class moves a bit faster with an emphasis on strengthening the core & flexibility for other activities, such as cycling & running. Be prepared to work up a sweat!

Power Yoga – Invigorating, spontaneous & playful. This class is sure to make you sweat while stretching you both physically & mentally. Focus on flowing movement coupled with holding seated, standing, prone & inverted poses for timed increments while harnessing the breath to ignite the reserves of energy that lie dormant within you.

Yoga Fusion – A combination of hatha, ashtanga, and kundalini yoga techniques, this class will engage your muscles, open you joints, calm your mind, and lift your spirits. (All levels)

Power Pump – The full body workout you’re looking for. Maximize your time & results with Power Pump! Each class will challenge all muscles in a variety of exercises which will keep your body guessing & processing!