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EFFECTIVE SEPTEMBER 6, 2023

ONLINE SIGN-UP REQUIRED FOR ALL CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING CLASSES</b>						
	 7 - 7:45 am <b>TABATA</b> Robert S	 6:30 - 7 am <b>EXPRESS HIIT</b> Marvin   7 - 7:45 am <b>CYCLING</b> Courtney	 6:30 - 7:30 am <b>CYCLING</b> Brian		 9:30 - 10:15 am <b>CYCLING</b> Felix   9:30 - 10:15 am <b>BOXING</b> Richard	 9:30 - 10:30 am <b>HATHA YOGA</b> Ian   10:30-11:45 am <b>YOGA FUSION</b> Robert Y
<b>LUNCH-TIME CLASSES</b>						
	 11:30am-12:30pm <b>CYCLING</b> Brian		 11 - 11:30 am <b>HIIT THE CORE</b> Marvin	 11 - 11:45 am <b>BRING YOUR 'A' GAME</b> Marvin		
 12 - 12:45 pm <b>RIP IT UP</b> Marvin	 11:45am-12:45pm <b>VINYASA YOGA</b> Ian	 12 - 12:45 pm <b>CYCLING</b> Vivian	 12 - 12:55 pm <b>YIN YANG</b> Vishana	 12 - 12:45 pm <b>CYCLING</b> James		
 12 - 12:45 pm <b>WATTS UP CYCLING</b> Toe-Mah		 12 - 12:40 pm <b>TABATA</b> Michael B	 12 - 1:15 pm <b>CYCLING</b> Meg	 12 - 12:45 pm <b>BOXING</b> Richard		
 1 - 2 pm <b>HATHA YOGA</b> Robert Y		 1 - 1:45 pm <b>PILATES</b> Maria	<b>NEW CLASS</b>  1 - 1:45 pm <b>CARDIO PILATES</b> Tania	 1 - 2 pm <b>VINYASA FLOW</b> Robert Y		
<b>EVENING CLASSES</b>						
			 5 - 5:45 pm <b>BOXING</b> Richard			
 5 - 5:30 pm <b>POWER PUMP</b> Marvin	 5 - 5:45 pm <b>POWER YOGA</b> Vivian	 5:30 - 6:30 pm <b>GENTLE HATHA YOGA</b> Robert Y	 6 - 6:45 pm <b>CORE STABILITY</b> Vivian	 5:30 - 6:30 pm <b>POWER YOGA</b> Laurie		
 5:30 - 6:15 pm <b>CYCLING</b> Felix	 5:45 - 6:45 pm <b>TAC RIDE</b> Vivian	 5:45 - 6:30 pm <b>CYCLING</b> Felix				
 5:45 - 6:30 pm <b>HATHA REJUVENATION</b> Vivian	 6 - 6:45 pm <b>PEAK PERFORMANCE</b> Johnny	 7:15 - 8 pm <b>PILATES</b> Erika				
 7 - 8 pm <b>DANCE PARTY</b> Alex			 7 - 7:45 pm <b>POWER FUSION</b> Johnny			

## 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  
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# CLASS DESCRIPTIONS

## CARDIO CLASSES

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**Cardio Pilates** – 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!

**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.

**Watts Up - Indoor Cycling** – Discover how to minimize your efforts and maximize your performance with our new coach / pro bike fitter. Ex pro triathlete and outdoor rider of all categories, you can be sure to progress in your practice while having a great time riding.

## CARDIO & WEIGHTS

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

**Express HIIT** – 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.

**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!

## MIND/BODY CLASSES

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**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.

**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 your joints, calm your mind, and lift your spirits. (All levels)

## WEIGHT TRAINING CLASSES

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**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.

**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!