

METROTOWER GROUP FITNESS SCHEDULE

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:10-12:00	BOXER-H.I.I.T. <i>Anora</i>	Muscle <i>Lubna</i>	Exercise at the Barre <i>Lubna</i>	Flow Yoga <i>Jenni</i>	H.I.I.T. <i>Gajing</i>
12:10-1:00	Yogalates <i>Jenni</i>	Bootcamp <i>Lubna</i>	Yogalates <i>Jenni</i>	Total Body Conditioning <i>Sophia</i>	Zumba <i>Gajing</i>
1:10-2:00	Exercise at the Barre <i>Lara</i>	Yogalates <i>Kiersten</i>	Zumba <i>Lubna</i>	Pilates <i>Kiersten</i>	Hatha Yoga <i>Tim</i>
4:10-4:55				Spin cycle I <i>Joanna</i>	
5:05-5:55	Strength & Con- ditioning <i>Charlene</i>	Flow yoga <i>Lori</i>	Sweat it up! <i>Charlene</i>	Spin cycle II <i>Joanna</i>	



Class Type	Level	Description
Bootcamp	All Levels	A mix of cardiovascular conditioning and drills, strength training (using body weight or equipment) and stretching. Based on traditional military style circuit training principles.
Boxer-H.I.I.T.	All Levels	Need we say more? Get your groove on in this fast paced class designed to improve and challenge your stamina, while improving your coordination. An eclectic mix of high and low impact moves, agility and boxing moves with a touch of core...
Exercise at the Barre	All Levels	Toning and strength using light weights and weighted balls and incorporating dance or barre style movements.
Strength and Conditioning	All Levels	A combination of cardio and muscle training with no choreography. Designed for all levels of fitness
Muscle Class	All levels	A weight training class, which uses resistance bands, balls, weights and steps. Good for beginners to advanced
Pilates	All Levels	A series of mat exercises with a strong emphasis on core stability, abdominal strength and lengthened posture. A fast-paced fun and dynamic class, working the entire body through standing, seated and floor exercises.
Spin Cycle Class	All Levels	Get some cardio in while toning up muscles. This cardio intensive class is great for all levels and abilities.
Total Body Conditioning	All Levels	Head to toe strength and toning workout incorporating both resistance based equipment and bodyweight exercises
Sweat it up!	All Levels	Sweat it up!! Jump, push and pull yourself into the physical shape for which you have been yearning. This class will have your heart racing and your muscles pumping. Can be easily modified to suit all fitness levels
Yoga (Hatha)	All Levels	Practice breathing, poses and journey toward inner peace
Yogalates (flow + pilates)	All levels	Get the best of both worlds in this fusion class! We will be drawing from elements of pilates and yoga to create a well-rounded class that will leave you refreshed and energized!
Zumba	All levels	Combining the principles of aerobics and interval training, sculpt and tone your body to the rhythms of salsa, mambo, reggae, and hip hop funk.