



METROTOWER GROUP FITNESS SCHEDULE

Effective January 7, 2019

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:10-12:00	Strong by Zumba <i>Marisol</i>	Muscle <i>Lubna</i>	Body Sculpt <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>	Pilates <i>Cindy</i>	Zumba <i>Lubna</i>	Pilates <i>Cindy</i>	Hatha Yoga <i>Tim</i>
4:10—4:55				Spin cycle I <i>Joanna</i>	
5:05-5:55	Monday Madness <i>Charlene</i>	Flow yoga <i>Lori</i>	Wicked Wednesday <i>Charlene</i>	Spin cycle II <i>Joanna</i>	

Reminder—no classes Monday Feb 18th for Family Day

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Group Exercise Class Descriptions

Class Type	Level	Description
Body Sculpt	All Levels	Non aerobic, resistance training class. A traditional weight training workout designed to work the full body in balance.
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.
Exercise at the Barre	All Levels	Toning and strength using light weights and weighted balls and incorporating dance or barre style movements.
H.I.I.T. (High Intensity Interval Training)	Moderate/High	A class that works you through intense bursts of work with a short recovery time. Increase your aerobic capacity and strength through high-intensity-training
Monday Madness	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
Wicked Wednesday	All Levels	Welcome to Wicked Wednesday! 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.
Strong by Zumba	All levels	Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every move.