



# THE EXCHANGE



## July Group Exercise Schedule

Starting on Tuesday, July 2

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
7:15-8:15 AM				Hatha Yoga July 4 to 25 paid class	
12:05-12:50 PM	Bootcamp Pixie	Total Strength Tim	Tabata Intervals Pixie	Strong by Zumba Tony	Cardio & Stretch Pixie

Included with membership

User Paid Class July 4 to 25

**Member:** \$40

10 class card \$130

Drop in \$15

**Non-Member:** \$52

10 class card \$150

Drop In \$18

Plus GST

Classes & instructors  
are subject to change  
without notice

[exchange@curtishealth.com](mailto:exchange@curtishealth.com)

### Group Exercise Class Descriptions

<u>Class Type</u>	<u>Description</u>
Bootcamp	A mix of cardiovascular conditioning and drills, strength training, and stretching using a variety of equipment.
Total Strength	This class is an energetic 45 minute full body workout. Using your own body weight, kettle bells, TRX, and Bosu balls to spice up your workout.
Tabata Intervals	A high intensity class to get your heart pumping. 20 seconds, and 30 seconds of work with 10 seconds of rest.
Strong by Zumba	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.
Cardio & Stretch	The perfect combination of cardiovascular aerobic exercises, with bursts of anaerobic intervals, followed by a long stretch working on flexibility.