

REVISED GROUP EXERCISE

MAR 18 - MAY 4, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>9:30-10:20 AM</p> <p>CHAIR FIT</p> <p>Shanna B</p>	<p>9:30-10:20 AM</p> <p>FUNCTIONALLY FIT</p> <p>Fitness Staff I</p>	<p>9:30-10:20 AM</p> <p>CHAIR yoga</p> <p>Zosia B</p>	<p>9:30-10:20 AM</p> <p>FUNCTIONALLY FIT</p> <p>Chris B</p>	<p>9:30-10:20 AM</p> <p>BOOTCAMP</p> <p>Andrew I</p>	<p>11:00-11:50 AM</p> <p>BOOTCAMP</p> <p>Fitness Staff I</p>
	<p>12:10-12:50 PM</p> <p>BOOTCAMP</p> <p>Shanna I</p>	<p>12:10-12:50 PM</p> <p>MOVE</p> <p>Andrew I</p>	<p>12:10-12:50 PM</p> <p>BOOTCAMP</p> <p>Fitness Staff I</p>	<p>12:10-12:55 PM</p> <p>TONE</p> <p>Candace A</p>	<p>12:10-12:50 PM</p> <p>SPIN+</p> <p>Zosia I</p>	<p>REMEMBER TO SIGN UP FOR CLASS!</p> <p>RESERVE YOUR SPOT IN A CLASS BY USING THE HEALTHPLEX APP OR BY CONTACTING THE MEMBER SERVICES DESK.</p>
	<p>4:30-5:20 PM</p> <p>TONE</p> <p>Candace A</p>	<p>4:30-5:20 PM</p> <p>SPIN+</p> <p>Becky B</p>	<p>4:30-5:20 PM</p> <p>GGG</p> <p>Chris I</p>	<p>HEALTHPLEX HOURS</p> <p>MON: 6AM-10PM</p> <p>TUES: 6AM-10PM</p> <p>WED: 6AM-10PM</p> <p>THURS: 6AM-10PM</p> <p>FRI: 6AM-8PM</p> <p>SAT: 7AM-5PM</p> <p>SUN: 10AM-4PM</p>		
	<p>5:35-6:25 PM</p> <p>GGG</p> <p>Olivia I</p>	<p>5:30-6:20 PM</p> <p>TABATA</p> <p>Chris A</p>	<p>5:30-6:20 PM</p> <p>ZUMBA</p> <p>Pammy I</p>	<p>5:10-6:00 PM</p> <p>LIFT</p> <p>Fitness Staff I</p>		
	<p>6:40-7:30 PM</p> <p>yoga</p> <p>Sue I</p>	<p>GROUP EXERCISE ETIQUETTE</p> <ul style="list-style-type: none"> • ARRIVE 10 MINUTES EARLY FOR CLASS TO SET UP YOUR STATION • ADVISE INSTRUCTOR PRIOR TO CLASS OF ANY PRE-EXISTING INJURIES • PLEASE WEAR CLEAN GYM SHOES AND PLACE BAGS IN LOCKERS • BE SURE TO WIPE DOWN YOUR MAT/EQUIPMENT WHEN FINISHED • IF LEAVING EARLY, PLEASE ADVISE INSTRUCTOR PRIOR TO CLASS • PLEASE PLACE EQUIPMENT BACK IN ORIGINAL RACKS/LOCATION 				
<p>DO YOU HAVE FEEDBACK ABOUT THE GROUP EXERCISE SCHEDULE? PLEASE CONTACT CHRIS HYATT, FITNESS PROGRAM COORDINATOR, AT (519)354-9100 x3219 OR CHYATT@STCLAIRCOLLEGE.CA</p>		<p>CHECK OUT THE LEGEND BELOW TO DETERMINE WHICH CLASSES ARE RIGHT FOR YOU!</p> <p>BEGINNER (B): BEGINNER CLASSES ARE SCALABLE WORKOUTS WITH NO EXPERIENCE REQUIRED. ADDITIONAL INSTRUCTIONS ON SAFETY, POSTURE, EQUIPMENT USE AND TECHNIQUE ARE GIVEN TO HELP YOU BUILD A SOLID FOUNDATION.</p> <p>INTERMEDIATE (I): EVERYONE WELCOME! INSTRUCTIONS ON SAFETY, POSTURE, EQUIPMENT USE AND TECHNIQUE ARE GIVEN WHILE OFFERING OPTIONS THAT WILL WORK FOR A WIDE RANGE OF PARTICIPANTS.</p> <p>ADVANCED (A): THESE CLASSES ARE CHALLENGING IN INTENSITY WITH EXPERIENCE REQUIRED. REDUCED INSTRUCTIONS AND MODIFICATIONS ARE GIVEN IN ORDER TO CHALLENGE THE PARTICIPANT'S KNOWLEDGE AND ABILITY.</p>				

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GROUP EXERCISE CLASS DESCRIPTIONS

CLASS CAPACITY

	Boot Camp combines the best of cardiovascular and strength training into an exciting circuit format. Expect to challenge your mind and body as you alternate between high and low intensity exercises through timed intervals of free weights, plyometrics and conditioning.	16
	Enjoy this blend of Chair Yoga and Functionally Fit! Chair Fit is designed to get the energy flowing through your body as you accomplish a full body stretch. Focusing on balance and coordination, with the assistance of a chair, this class combines standing poses, light weights, and stretch bands. This class is for all ages and requires NO previous yoga experience.	16
	This yoga class is designed for all ages, as all postures are done seated or standing while using a chair. Chair Yoga is great for those who want to improve balance, endurance and physical movement.	16
	This unique class is designed for members of all levels, including those with limited mobility due to age, injury, etc. This circuit-style class is completely modifiable based on your needs, with a focus on improving strength, posture and mobility.	16
	Glutes, Guts and Guns – a.k.a. - GGG - the name says it all! This class is the perfect triple threat – combining easy isolation exercises to get your glutes in tip top shape, melt your gut and add the right kind of tone to your arms.	16
	Squat, Hinge, Push, Pull, Lunge, Carry - this class includes all of the foundational movements to target all of your major muscle groups.	16
	A fresh take on circuit training. In each corner of the room, you will find exercises dedicated to working through the pillars of functional movement - strength, mobility, conditioning and core stability. Each class will finish with guided breathing to regulate the nervous system.	12
	This class has it all! This class includes the perfect cardio session PLUS an effective strength component including a combination of weights and body weight. Space is limited - arrive early and remember to reserve your bike!	12
	The perfect cardio session for beginners and avid cyclists alike. This 30 minute spin class offers you a fully adaptable workout that's sure to burn a ton of calories! Space is limited - remember to reserve your bike!	12
	Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time. This class is High Intensity Interval Training at it's finest!	16
	It's time to TONE those muscles! This class is designed to work with the rhythm of the music using speed, repetitions, and range of motion. Get a full body workout using a barbell and your body!	12
	This gentle yoga practice invites you to learn an intuitive movement system called "Organization & Activation." There is a focus on building stability and strength, which safely increases range of motion over time. Postures are very accessible, moving through a slower paced practice which results in skillful movement and high performance aging.	20
	Zumba® classes feature exotic rhythms set to high-energy, Latin and international beats – it's a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating!	20