

Sign In for Classes Online at www.fityourway.ca

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	5:45am Row 'N' RIP (30-30)	6:00am Just Ride (60mins)	5:45am Row 'N' RIP (30-30)	6:00am Sprint & Hills Ride (60mins)	5:45am Row 'N' Transform (30-30)	8:45am Just Row (15 mins)	8:30am Cycle Test! (monthly)
7:00 am						9:00AM RIP (60mins)	
9:00/ 9:30 am		9:00am Pilates (CORE)	9:15am Ride 'N' RIP (75)	9:00am Pilates (BURN)	9:30am RIP! (60mins)	9:15AM Ultimate Ride/Yoga/ Meditation (75 mins)	9:15am Just Ride (60mins)
10:00/ 10:30 am	10:00am ZUMBA® Gold (seniors) (45mins)	10:00am RIP for Seniors (45mins)	10:45am Pilates (STABILITY)	10:00am Transform (Yoga+) for Seniors (45mins)	10:00am Just Ride Seniors (45mins)		10:30am TRANSFORM (60mins)
11:30 am						11:00am ZUMBA (60 mins)	
12:00	"Lunch Crunch" classes (30mins)						
12:15- 12:45 pm	Just Ride ZUMBA	RIP	Sprint & Hills Just Step	TRANSFORM	Just Row		
4:00 pm							
5:00/ 5:30 pm	5:30pm Ride 'N' RIP (75mins)	5:15pm Ride/ Yoga/ Meditation (75 mins)	5:30pm Just Ride (60mins)	5:30pm Ride/ Yoga/ Meditation (75 mins)	6:30am Just Ride (60mins)		
6:00 pm							
6:45 pm	7:00pm Row 'N' RIP (30-30)	6:45pm Ride 'N' Axis (30-30)	6:45pm ZUMBA® Fitness (60 mins)	7:00pm Row 'N' RIP (30-30)		Monthly Community Social Event (TBA)	

**This schedule is subject to change – check website and sign in for class on-line at www.fityourway.ca

Class Description

AXIS - 30 min class focuses on the foundation (**Moderate**)

STEP - 30 or 60-min class intended to push your cardio to the next level & target the legs in every way, toning the lower body, with every step you take. (**Intense**)

Ball Fit! – 60 min class will feature exercises to improve core muscles, posture, coordination, cardiovascular fitness as well as strength & flexibility using the ball (**Easy**)

Just Pilates! – 60 min A safe, challenging and revitalizing workout for stronger, leaner, longer muscles along with increased flexibility and relaxation. (**Easy-Moderate**)

RIP - Barbell/dumbbell class that will strengthen & tone the entire body! (**Intense**)

ROW – Whether 30/60 mins, this class is smooth and rhythmic, flowing and intense on our state of the art **Matrix rowers**. Quite possibly, the perfect calorie burn! (**Moderate**)

TRANSFORM - The perfect balance of yoga & athletic movement for a unique mind/body experience! (**Easy**)

Yoga/Meditation - Slow stretches, flexibility & opening of tight muscles to release & restore! (**Easy**)

ZUMBA® - Dance based class to Latin rhythms but also includes international flare! (**Moderate**)

RIDE classes - indoor cycling on our state of the art **Matrix IC7 cycles**. Learn how to pace yourself so you can be successful in any of our cycling classes (**Easy-Moderate-Intense**)

****COMBO CLASSES**– Maximize your workout with our **Combo classes!** Combine fast-paced cardio cycling or rowing intervals with muscle-building resistance training in a high-energy group environment! (e.g. **Row 'N' RIP** or **Ride & RIP** - combination of Rowing or Cycling with Strength Training).

****SENIORS CLASSES**– Join FitYourWay's community of seniors and older adults of any fitness level for 45-minute workouts. These classes include dance, flexibility and resistance (strength) training with plenty of friendly fun. **Tea is served 1 per month too.**

Our passion is FITNESS,
Our success HELPING YOU!



✂ Present this card and enjoy a free class ✂