

Sign In for Classes Online at www.fityourway.ca

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45/ 6:00 am	5:45am Row 'N' RIP (30-30)	6:00am Just Ride! (60)	5:45am Row 'N' RIP (30-30)	6:00am Sprint 'N' Hills (60)	5:45am Transform (60)	8:30am Ultimate Ride/ Yoga Meditation (75)	8:30am Cycle Test! (monthly)
7:00 am							
9:00/ 9:30 am	9:00am Mummy 'N' me! (45)		9:00am Mummy 'N' me! (45)	9:00am Just Pilates!		9:30am Just Row! (30)	9:15am Just Ride!
9:00/ 9:30 am	9:00am ZUMBA	Just Barre!	9:15am Ride 'N' RIP (75)	9:30am Row 'N' RIP (30-30)	9:30am RIP!	10:00AM RIP	10:30am Transform (60)
10:00/ 10:30 am	10:00am Parent 'N' tot! (60)					11:00am Parent 'N' tot! (60)	
12:00	<i>"Lunch Crunch" classes (30mins)</i>						
12:15- 12:45 pm	STEP	RIP	SPRINT & HILLS	TRANSFORM	JUST RIDE!		
4:00 pm				5:15PM Just Barre!			
5:00/ 5:30 pm	5:30pm Ride 'N' RIP! (75)	5:15pm Ride/Yoga /Meditation (75)	5:30pm Just Ride!	5:15pm ZUMBA	5:30pm Row 'N' Ride (30-30)		
6:00/ 6:30 pm	6:30pm Just Pilates!	6:45pm Just Pilates!		5:30pm Ride/Yoga /Meditation (75)			
6:45 pm	Row 'N' RIP (30-30)	Ride 'N' Axis! (30-30)	Row 'N' Transform! (30-30)	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**)

Just Barre! - 60-min class will help you to improve your posture & balance, gain strength, flexibility & confidence at the Barre! (**Moderate**)

Just 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**)

Mummy 'N' me – 45 mins It's Fitness where you to bring your infant to workout with you. Get fit with your baby. (**Easy- Moderate**)

Parent 'N'tot—45 mins It's Fitness where you to bring your child to workout with you. Get fit with your child. (**Easy- Moderate**)

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

ROW – Whether 30 or 60 minutes, this class is smooth and rhythmic, flowing and intense on our state of the art **Matrix rowers**. Quite possibly, the perfect calorie burn! Rowing utilizes 84% of your muscle mass! (**Moderate**)

TRANSFORM – 30 or 60 mins The perfect balance of yoga & athletic movement for a unique mind/body experience! (**Easy- Moderate**)

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! (**All levels**)

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! Combo classes allow you to work your body in completely different ways and keep your body guessing, so you don't plateau! (e.g. Row 'N' RIP or Ride & RIP - combo of Rowing or Cycling with Strength Training).

**Our passion is FITNESS,
Our success HELPING YOU!**



✂ Present this card and enjoy a free class ✂