

Sign In for Classes Online at [www.fityourway.ca](http://www.fityourway.ca)  
 Schedule Summer 2020 (runs Mon Jun 15 to Sun Sep 06)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	6:15am REBOUND N RIP 60 mins		6:15am Pilates+ (Ball) 60 mins		6:15am RIP (Barbell) 60 mins	Weekday Noon (Lunch Crunch) Classes  &  Weekend Classes Will Resume in September 2020	
8:00 am	8:00am ZUMBA® Gold (Gentle Fit) (45mins)		8:00am REBOUND/ RIP/Kick- boxing (45mins)		8:00am Pilates+ (Gentle Fit) (45mins)		
9:00/ 9:30 am		9:00am RIP 'N' Core (60mins)	9:00am On The REBOUND (45mins)	9:00am REBOUND N RIP 60 mins			
10:00/ 10:30 am	10:15am ZUMBA® Gold (Gentle Fit) (45mins)		10:15am REBOUND N Pilates (45mins)		10:15am Fitness Kickboxing (Gentle Fit) (45mins)		
11:00 am			11:00am Pilates 60 mins				
4:00- 4:30 pm	4:15pm Jazzercise (60mins)	4:30pm On The REBOUND (45mins)	5:00pm Reactive Core Strength  (25 mins band strength & 25 mins reactive core is using martial arts and boxing moves to strengthen the complete core) (60 mins)	4:15pm Jazzercise (60mins)			
5:00/ 5:30 pm	5:30pm RIP 'N' Pilates (30+30mins)	5:30pm RIP N Core (45 mins)  6:30pm REBOUND N Pilates+ (60 mins)		4:30pm On The REBOUND (45mins)  5:30pm RIP 'N' Core (60 mins)	4:30pm REBOUND N RIP (Barbell) (60 mins)		
6:00/ 6:30 pm	6:00pm Kickboxing Conditioning (45 mins)		6:15pm Zumba (45 mins)	6:30pm REBOUND N Pilates (60 mins)	ACTIVITY NIGHT (Coming Soon)		

\*\*This schedule is subject to change – check website and sign in for class on-line at [www.fityourway.ca](http://www.fityourway.ca) for questions call 778-677-3749

## Class Description

**\*NEW\* Indoor Rebounding** - This full body low-impact cardiovascular workout allows you to jump and kick on a mini-trampoline. Rebounding is the ideal class for people of all ages and fitness abilities. Rebounding may also help your body flush out toxins, bacteria, dead cells, and other waste products. Rebounding helps to improve balance, coordination, and overall motor skills. **(Easy-Moderate-Intense)**

**Kickboxing Conditioning** - Suitable for all levels. Blend of Kick Boxing. Think kick-boxercise HITT set to music which itself will keep you coming again and again. **(Moderate)**

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

**PILATES+!** – 60 min A safe, challenging and revitalizing workout for stronger, leaner, longer muscles along with increased flexibility and relaxation. Class can incorporate stability ball or mini ball **(Easy- Moderate)**

**BOOT CAMP** – This form of circuit training has many forms but primarily involves moving from one station to another in set periods of time. Each interval varies from 1-3 minutes alternating between strength and cardio. **(Moderate/Intense)**

**ZUMBA®** - Dance based class to Latin rhythms but also includes international flare! **Easy**  
**JAZZERCISE!** –The original dance party workout. Blending dance with Pilates, yoga, and strength training, one 55-minute calorie burning session. **(Easy- Moderate)**

### REACTIVE CORE STRENGTH

This class is composed of 25 mins of band strength and 25 mins of reactive core conditioning activities is using martial arts and boxing moves to strengthen the complete core. Bands develop strength in the predominant muscles- glutes, back, shoulders and arms.

**\*\*COMBO CLASSES**– Maximize your workout with our **Combo classes!** Combine fast-paced cardio intervals with muscle-building resistance training in a high-energy group environment! (e.g. **Core 'N' RIP** combination of cardio with Strength Training, **REBOUND 'N' RIP** combination of cardio on mini trampoline with Strength Training, and or **RIP 'N' Pilates** combination of strength training with the barbell and mat Pilates)

**\*\*Gentle Fitness (55+) CLASSES**– Join FitYourWay's community of older adults of any fitness level for 45-minute workouts. These classes include dance, flexibility and resistance (strength) training with plenty of friendly fun.

Our passion is FITNESS,  
 Our success HELPING YOU!



✂ Present this card and enjoy a free class ✂