

Sign In for Classes Online at [www.fityourway.ca](http://www.fityourway.ca)  
 Spring/Summer 2019 (effective June 1-2019)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	5:45am Row 'N' RIP 60min (Interval)		5:45am RIP (Barbell) (60 mins)		5:45am Row RIP Transform (30-30)	8:00am Pilates – Hams, Hips & Cardio Core (90 mins)	
7:00 am							
9:00/ 9:30 am		9:00am Pilates (CORE)	9:15am Ride 'N' RIP (30-30)	9:00am Pilates (BURN)	9:15am Groove dance	9:00am Xpress Ride +Stretch (45 mins)	9:00am Interval Ride (55 mins)
10:00/ 10:30 am	10:15am ZUMBA® Gold (seniors) (45mins)	10:15am RIP for Seniors (45mins)	10:15am Rowing for Seniors (45mins)	10:15am Transform for Seniors (45mins)	10:15am Just Ride Seniors (45mins)	10:00am RIP-Barbell workout (60 mins)	9:00am Boot Camp (45 mins)
12:15- 12:45 pm	30-minute "Lunch Crunch" classes						
	ZUMBA (30 mins)	RIP (30 mins)		TRANSFORM (30 mins)	Just Ride (30 mins)		
4:00 pm	4:30pm Ride 'N' Row (30-30)	4:30pm Xpress Ride+ stretch (45 mins)	4:30pm Pilates (60 mins)	4:30pm Xpress Ride+ Stretch (45 mins)	4:30pm RIP (Barbell) (60 mins)		
	5:30pm Ride 'N' RIP (30-30)	4:30pm RIP (Barbell) (60 mins)	5:30pm Interval Ride (55 mins)	5:00pm Pilates Cardio Challenge (60 mins)			
5:00/ 5:30 pm		5:30pm Martial Cardio (60 mins)		6:00pm RIP 'N' ROW (Interval 60mins))			
6:45 pm	6:30pm Row 'N' RIP (30-30)	6:30pm Pilates Boot Camp (60 mins)	6:00pm Zumba (45 mins)				
7:30 pm	Rental (Private)	Rental (Private)	Rental (Private)	Rental (Private)		TBA	

\*\*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

**MARTIAL CARDIO** - Suitable for all levels. Blend of Kung Fu and Thai-Boxing. Think kick-boxercise meets Salsa class guided by a lifetime martial arts and fitness instructor set to music which itself will keep you coming again and again. (**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. We feature HIT (High Intensity Training) ride classes. (**Easy-Moderate-Intense**)

**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**)

**PILATES!** – 60 min A safe, challenging and revitalizing workout for stronger, leaner, longer muscles along with increased flexibility and relaxation. (**Easy-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! A brilliant finish after a great ride! (**Easy**)

**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**

**GROOVE®** - It's a different way to work out that doesn't have you following an instructor's moves...Instead, you'll get the basic choreography, it's up to you to make each movement your own by adding your style...it is SO MUCH FUN!! **Easy**

**\*\*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. **Coffee is served after class too.**

Our passion is FITNESS,  
 Our success HELPING YOU!



✂ Present this card and enjoy a free class ✂