

Always Sign in for Classes Online at [www.fityourway.ca](http://www.fityourway.ca)

Fall/Winter 2020-2021

(effective Tuesday 8-Sep-2020 until Mon 31-May-2021)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	5:30am Interval Rebound 'N' RIP (60 mins)	5:30am Pilates 'Ball' (55 mins)	5:30am RIP (Barbell) (60 mins)	5:30am On The Rebound (45 mins)	5:30am Step 'N' Strength (30-30 mins)		
8:00 am	8:00am ZUMBA® Gold (GF) (45mins)	8:00am Yogalates (GF) (45mins)	8:00am Just Rebound (GF) (45mins)	8:00am Barbell Strength (GF) (45mins)	8:00am Kickboxing Conditioning (GF) (45mins)	9:00am On The Rebound (45 mins)	R E
9:00/ 9:15 am	9:00am Rebound 'N' Mindful Yoga (60 mins)	9:00am RIP 'N' Core (60 mins)	9:00am On The Rebound (45 mins)	9:00am Interval Rebound 'N' RIP (60 mins)	9:15am Pilates (45mins)	10:00am RIP-Barbell workout (60 mins)	S T
10:15 am	10:15am ZUMBA® Gold (GF) (45mins)	10:15am Yogalates (GF) (45mins)	10:15am Just Rebound (GF) (45mins)	10:15am Barbell Strength (GF) (45mins)	10:15am Kickboxing Conditioning (GF) (45mins)		D A
11:30 am							Y
12:15- 12:45 pm	30-MINUTE "LUNCH CRUNCH" CLASSES						
1:30 pm	Step N Strength (30)	YOGALATES (30mins)	On The Rebound (30)	RIP (Barbell) (30mins)	ZUMBA (30mins)		
	Silver Flow (Seniors movement) 45mins		Silver Flow (Seniors movement) 45mins		Silver Flow (Seniors movement) 45mins		
4:30 pm	4:30pm Jazzercise® (60mins)	4:30pm On The Rebound (45 mins)	4:30pm Pilates 'Ball' (60 mins)	4:30pm Jazzercise® (60mins)	4:30pm (Alternating Fridays) RIP (Barbell) or Interval Strength N Rebound (60 mins)		
5:45 pm	5:45pm Strength 'N' Yogalates (30-30)	5:30pm Strength 'N' Core (60 mins)	5:45pm RIP (Barbell) (60 mins)	5:45pm On the Rebound (45 mins)	5:45pm On the Rebound		
6:45/ 7:00 pm	7:00pm ZUMBA Fitness (45 mins)	6:45pm Rebound N Pilates Ball (60 mins)	7:00PM Zumba (45 mins)	6:45PM Strength N Core (60 mins)			

\*\*This schedule may change – check website and ALWAYS SIGN IN FOR CLASS ON-LINE AT [WWW.FITYOURWAY.CA](http://WWW.FITYOURWAY.CA) for questions call 778-677-3749

## Class Description

**Indoor Rebounding** - This full body low-impact cardiovascular workout allows you to jump and kick on a mini-trampoline with assist bar. 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.



**Ball** – or better known as Stability Ball conditioning is energizing and it focuses on developing core stability and overall strength with no impact. Perfect for all fitness levels.

**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.

**RIP** – The ultimate Barbell class that will strengthen & tone the entire body. RIP is choreographed strength training to great music that gets you results.

**STRENGTH** - This is a muscle building and conditioning class focusing on high repetitions and light weight. Class will be a mixture of dumbbells, resistance bands, and body weight to sculpt and define arms, back, legs and glutes.

**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 .

**YOGALATES** – This class is a combination of Yoga and Pilates designed to build strength and tone your muscles while improving flexibility and fostering mind and body harmony.

**JAZZERCISE!** –The original dance party workout. Blending dance with Pilates, yoga, and strength training, one 55-minute calorie burning session.

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

**ZUMBA Gold®** - A gentler version of this fun dance-based fitness class to Latin rhythms.

**\*\*COMBO CLASSES**– Maximize your workout! Combine fast-paced cardio intervals with muscle-building resistance training! (e.g. **Rebound 'N' RIP** or **RIP 'N' Core** )

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

**\*\*SILVER FLOW (Seniors) CLASSES**– 45-minute classes which focus on Balance & Mobility Fitness • Chair Yoga • Fall-prevention Fitness • Seated Exercises • Strength Exercises

Our passion is FITNESS,  
Our success HELPING YOU!



✂ Present this card and enjoy a free class ✂