

Sign In for Classes Online at www.fityourway.ca

Fall/Winter 2019-2020

(effective Tuesday 3-Sep-2019 until Sun 31-May-2020)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	5:45am Row 'N' RIP (30-30)	5:45am Pilates + (55 mins)	5:45am RIP (Barbell) (60 mins)		5:45am RIP 'N' ROW (30-30)	8:00am Pilates + (90 mins)	
8:45 am	8:45am Silver Flow (seniors) (45mins)		8:45am Silver Flow (seniors) (45mins)		8:45am Silver Flow Chair Somatics (45mins)	9:00am Xpress Ride + Stretch (45 mins)	8:30am Core N Ride (30+30 mins)
9:00/ 9:30 am		9:00am Pilates (Core)	9:00am Ride 'N' RIP (30-30)	9:00am Yoga			
10:00/ 10:30 am	10:15am ZUMBA® Gold (Gentle fitness) (45mins)	10:15am RIP (Gentle fitness) (45mins)	10:15am Just Row (Gentle fitness) (45mins)	10:15am Pilates + (Gentle fitness) (45mins)	10:15am Just Ride (Gentle fitness) (45mins)	10:00am RIP-Barbell workout (60 mins)	9:00am Boot Camp (55 mins)
11:30 am					OR 10:15am Boxing Fit (Gentle fitness) (45mins)	11:15am Zumba Fitness (45 mins)	
12:15- 12:45 pm	30-MINUTE "LUNCH CRUNCH" CLASSES						
		RIP		PILATES +	Just Ride		
4:30 pm	Ride 'N' Row (30-30)	Xpress Ride + stretch (45 mins)	Pilates + (60 mins)	Xpress Ride+ Stretch (45 mins)	4:30pm RIP (Barbell) (60 mins)		
		RIP (Barbell) 60 mins		RIP (Barbell) 60mins			
5:00/ 5:30 pm	5:30pm Ride 'N' RIP (30-30)	5:30pm Martial Cardio (60)	5:00pm Ride N RIP	5:30pm Core N Ride Challenge (30-30 mins)	5:30pm Martial Cardio		
		Interval Ride (55 mins)					
5:30/ 6:00/ 6:30 pm	6:30pm RIP 'N' Pilates (30-30)	6:30pm Pilates + (60 mins)	6:00PM Zumba (45)	6:00PM RIP 'N' ROW Intervals (30-30)			
			Xpress Ride + Stretch (45)				

****This schedule is subject to change – check website and sign in for class on-line at www.fityourway.ca for questions call 778-677-3749**

Class Description

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**)

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**)

Pilates + - The perfect balance of Pilates, yoga. Balance/stability & athletic movement for a unique mind/body experience! (**Moderate**)

YogiLates - Slow stretches, flexibility & opening of tight muscles to release & restore! A brilliant finish after a great ride! (**Easy**)

Yoga - Suitable for all levels. Hatha is a potent alignment-oriented practice that emphasizes the forms and actions within yoga postures. This class is based on physical postures (asanas), deep breathing, mindfulness and listening to the body. (**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**

****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).

****GENTLE FITNESS 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. **Coffee is served after class too.**

*****SILVER FLOW CLASSES**– Join FitYourWay's community of seniors in need of safe mobility activity for 45-minute of movements. These "chair" classes include stability, flexibility, dance 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 ✂