

Sign In for Classes Online at [www.fityourway.ca](http://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) Mimi	5:45am Pilates + (55 mins) Mimi	5:45am RIP (Barbell) (60 mins) Mimi	5:45am Yogalates (60 mins) Viv	5:45am RIP 'N' ROW (30-30) Mimi	8:00am Pilates + (90 mins) Dara	
8:45 am	8:45am Silver Flow (seniors) (45mins) Mimi		8:45am Silver Flow (seniors) (45mins) Mimi		8:45am Silver Flow Chair Somatics (45mins) Viv	9:00am Xpress Ride + Stretch (45 mins) Mimi	8:30am Ride N Core Challenge (60 mins) Ken
9:00/ 9:30 am		9:00am Pilates (Core) Viv	9:00am Ride 'N' RIP (30-30) Lynn	9:00am Yoga Viv			
10:00/ 10:30 am	10:15am ZUMBA® Gold (Gentle fitness) (45mins) Mimi	10:15am RIP (Gentle fitness) (45mins) Mimi	10:15am Just Row (Gentle fitness) (45mins) Mimi	10:15am Pilates + (Gentle fitness) (45mins) Mimi	10:15am Just Ride (Gentle fitness) (45mins) Lynn OR 10:15am Boxing Fit (Gentle fitness) (45mins) Mimi	10:00am RIP-Barbell workout (60 mins) Mimi	9:45am Boot Camp (55 mins) Alexander
11:30 am						11:15am Zumba Fitness (45 mins) Mimi	
12:15- 12:45 pm	<b>30-MINUTE "LUNCH CRUNCH" CLASSES</b>						
	ZUMBA Mimi	RIP Mimi	Just Row Mimi	PILATES + Mimi	Just Ride Lynn		
4:30 pm	Ride 'N' Row (30-30) Mimi	Xpress Ride + stretch (45 mins) Ken RIP (Barbell) 60mins Lynn	Pilates + (60 mins) Viv	Xpress Ride+ Stretch (45 mins) Karin RIP (Barbell) 60mins Ken	4:30pm RIP (Barbell) (60 mins) Mimi		
5:00/ 5:30 pm	5:30pm Ride 'N' RIP (30-30) Karin	5:30pm Martial Cardio Alexander Interval Ride (55 mins) Ken	5:00pm Ride N RIP Ken	5:30pm Core N Ride Challenge (30-30 mins) Ken			
5:30/ 6:00/ 6:30 pm	6:30pm RIP 'N' Pilates (30-30) Mimi	6:30pm Pilates + Mimi (60 mins) Mimi	6:00PM Zumba (45 mins) Mimi Xpress Ride + Stretch Ken	6:00PM RIP 'N' ROW Intervals (30-30) Mimi	5:30pm Martial Cardio Alexander		

\*\*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

**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 ✂