

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

**\*\*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**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 am	5:45am RIP (Barbell) 60 mins (M)		5:45am Pilates+ (Ball) 60 mins (M)		5:45am RIP (Barbell) 60 mins (M)	Weekend Classes Will Resume in September 2020		
8:00 am	8:00am ZUMBA® Gold (Gentle Fit) (45mins) (M)		8:00am RIP/Kick- boxing (Gentle Fit) (45mins) (M)		8:00am Pilates+ (Gentle Fit) (45mins) (M)			
9:00/ 9:30 am		9:00am RIP 'N' Core (60 mins) (L)	10:15am Pilates (Gentle Fit) (45mins) (M)	9:00am RIP (Barbell) (60 mins) (M)				
10:00/ 10:30 am	8:00am ZUMBA® Gold (Gentle Fit) (45mins) (M)		11:00am Pilates 60 mins (K)		10:15am Fitness Kickboxing (Gentle Fit) (45mins) (L)			
<b>30-minute "Lunch Crunch" classes</b>								
12:15- 12:45 pm		RIP (30 mins) (M)		Pilates 'Ball' (30 mins) (M)				
4:00 pm	4:15pm Jazzercise (60mins) (G)	4:30pm RIP 'N' Core (60 mins) (KY)	4:15pm Kickboxing Conditioning (45 mins) (L)	4:15pm Jazzercise (60mins) (G)	4:30pm RIP (Barbell) (60mins) (M)			
5:00/ 5:30 pm	5:30pm RIP 'N' Pilates (30+30mins) (K)	5:45pm Boot Camp (45 mins) (KY)	5:15pm Resistance band Conditioning (45 mins) (L)	5:00pm Pilates (60 mins) (M)				
6:45 pm	6:00pm Kickboxing Conditioning (45 mins) (L)	6:30pm Pilates+ (60 mins) (M)	6:15pm Zumba (45 mins) (M)	5:30pm RIP 'N' Core (60 mins) (KY)	6:30pm Boot Camp (45 mins) (KY)			
					*7:00PM* MOVIE NIGHT (Join us for fun flicks and popcorn (Every second Friday)			

## Class Description

**\*COMING SOON\* Indoor Rebounding** - This full body low-impact cardiovascular workout allows you to jump, kick and spin 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)

**\*\*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).

**\*\*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 ✂