



AUROLA

ATHLETIC CLUB

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(905)727-1100

GROUP FITNESS SCHEDULE Effective MARCH 1st 2018

(all classes & times are subject to change, please check board, website and facebook)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am TRX Lisa	6:00am SPIN & TONE Kerri	6:00am TRX Lisa	6:00am CYCLE XPRESS Sarah		8:00am CYCLE Sonia	
	8:30am MAT PILATES Laura	8:45am YOGA 75 mins Lisa	8:30am SPIN Sonia	8:30am CARDIO INTERVAL Michelle .L.	9:00am PUMP Sonia	
NEW!! 9-15am DRUMS Ximena	9:30am STEP 'n' SCULPT Shannon	9:15am CYCLE Sonia	9:30am PUMP Sonia	9:30am RIDE Michelle .L. ----- RESTORATIVE YOGA Lisa		
10:30am YOGA 75 mins Erin	10:30am ZUMBA Ximena	10:15am W.O.D Sonia		10:30am ZUMBA Ximena	10:00am YOGA 75 mins Erin	10:00am MILITARY BOOTCAMP Judika
GROUP RFORMER PRE-REGISTERED LESTER 11:45am		GROUP RFORMER PRE-REGISTERED LESTER 11:45am		GROUP RFORMER PRE-REGISTERED LESTER 11:45am		NEW!! 11:00am PIYO Marcella
*****	*****	EVENING	CLASSES	*****	*****	*****
					MARCH 2019	
NEW!! 6:00pm STEP'n'SCULLPT Shannon	6:00pm INTERVAL SHRED Marcella	6:00pm KICKBOX/SCULPT Diego	6:00pm HIIT Marcella		Growth is actually contagious, if you want to reach your goals, You've got to get around people that Are going in the same direction you want to be going, and you will catch the success!	
6:00pm ROCK 'n' RIDE Michael		6:00pm ROAD RAGE Michael	6:00pm SPIN NIGEL		<div style="background-color: #333; color: white; padding: 10px;"> <p>RESPECT YOUR BODY.</p> <p>FUEL YOUR BODY.</p> <p>CHALLENGE YOUR BODY.</p> <p>MOVE YOUR BODY.</p> <p>AND MOST OF ALL,</p> <p><i>love you body.</i></p> <p>FIX</p> </div>	
7:30pm YOGA Denyse	7:00pm BOXING Pre-Registered Jeff	7:00pm BOUNCE FIT Sandi	7:00pm YIN YOGA 75 mins Denyse	7:00pm MILITARY BOOTCAMP Judika	Any comments or Feedback, please talk to your fitness coordinator - Marcella. marcellard@yahoo.com	

	<p>8:00pm</p> <p>YOGA/MEDITATION</p> <p>75 mins</p> <p>Erin</p>		<p>8:15pm</p> <p>DRUMS</p> <p>Ximena</p>		
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GROUP FITNESS CLASS DESCRIPTIONS

BOUNCE FIT: Put on a pair of Kangoo Jumps and bounce away for a 50min killer total body workout. (\$5 Rental fee for jumps)

CARDIO INTERVAL: A mix of aerobic intervals with strength training, using weights and your own body weight.

CYCLE PUMP XPRESS: Partake in a 35 minute exhilarating ride to rid your body of toxins and get your muscles warm. Move to the mat, for a head to toe total body fix. Use weights to target all major muscle groups to strengthen and tone by doing a challenging series of 5-6 total body conditioning exercises

DRUMS: A choreographed format where participants use drumsticks and stability balls during the workout to target various areas of the body. Typically a cardio-based class but the class also focuses on toning and strength.

HIIT: High Intensity Interval training, short bouts of cardio training at high intensity mixed with lower intervals of active recovery. A total workout

INTERVAL SHRED : Pyramid and symmetrical training using the whole body! Strengthen, tone and burn fat using weights, bars and more with bursts of heart pumping exercises in between circuits.

KICKBOX/SCULPT: Learn and increase heart rate with the basic kickboxing drills, combined with intervals of strength and conditioning exercises to optimize fat burning and toning.

MAT - PILATES: Get ready to be straightened out! This is a Pilates core conditioning class, focusing on the abs and back to increase strength and flexibility. You will not be disappointed.

MILITARY BOOTCAMP: In this 60minute interval training class, members will work through each exercise for 1 minute between cardio and strength moves, interrupted by mere moments of active recovery. Designed to test your limits. FUN! FUN! FUN!

PIYO : It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it. PiYo was created by Chalene Johnson, the founder of the Turbo Kick system. It was designed for people who want the mind-body benefits of a yoga or Pilates workout, but with a higher-energy, higher-sweat class.

*****SPIN: CHOOSE FROM A VARIETY OF INDOOR CYCLING CLASSES AS INSTRUCTORS ADD THEIR OWN FLARE!*****
CYCLE , INTERVAL RIDE, RIDE & CLIMB, RIDE, ROAD RAGE, ROCK 'n' RIDE, SPIN & SPIN

Ride from the shoreline to the hills in this journey that is designed to provide you with the optimum in fat burning and strength building. This ride will simulate varied terrain as you tackle rolling hills, sprints, break-a-ways and other drills to give you a great interval workout. Come find the inspiration you have been looking for to help you achieve your personal goals. Indoor cycling welcomes all fitness levels. ****SIGN UP REQUIRED, UP TO 1HR BEFORE START TIME TO ENSURE A BIKE****

SCULPT & TONE/PUMP: Focuses on strength and muscle conditioning for the upper and lower body including core

STEP 'N'SCULPT: Simple, heart-pumping step aerobics routines combine with strength training intervals to give you a complete cardio and weights workout. This is an excellent cross-training class for all skill and fitness levels. You may be surprised to actually enjoy sculpting your body and following step combinations.

TRX SUSPENSION TRAINING: Total Resistance eXercise (TRX)SIGN UP REQUIRED, UP TO 1HR BEFORE****

The term suspension training refers to an approach to strength training that uses a system of ropes and webbing called a "suspension trainer" to allow users to work against their own body weight. A form of resistance training that includes bodyweight exercises in which a variety of multi-planar, compound exercise movements can be performed. These are done with the aim of developing strength, balance, flexibility, and joint stability simultaneously. Suspension training develops physical strength while using functional movements and dynamic positions.

RESTORATIVE YOGA: Take the best of Hatha Yoga, modify by adding some core strengthening Pilates and we get a truly transformative and empowering practice.

W.O.D: Workout of the Day, this could be cardio, conditioning, a combo of both, with or without equipment, come and check out your surprise workout of the Day!!

YIN YOGA: Yin Yoga works the body differently. More emphasis on the deeper tissues; the joints and it can even help the bones themselves. This type of YOGA will actually stimulate the connective tissues all around your joints and then when the stimulus stops, nurturing takes over making you stronger than before.

YOGA: for these classes be prepared for a variety of styles blended and rearranged, Kundalini, Hatha, Ashtanga are some the practices featured in these classes. We're just not that into permanent "labels" for these classes. Giving you variety week to week.

ZUMBA: Ditch the workout and join the party!! Love the music, learn the dances and lose inches as you sweat your way through Latin dance inspired cardio workout.

NOTE TO BEGINNERS: All classes can be done at a beginner level. If you are taking a class for the first time, arrive a couple minutes early and inform the instructor. This will allow the instructor to give you some tips on how to modify or ease yourself into the class

