

Schedule in effect Monday, January 4, 2010

Winter 2010							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 am	STEP Interval 1 2		Total Workout 1 2				
8:45 am	Pure STEP 1 2	FitCity Flex 1 2	Pure STEP 1 2	FitCity Flex 1 2	Athletic Intervals 1 2	Cross Train (9:30-10:45)	
10:00 am	Mind Body 1 2	<i>Specialty Program</i>	Mind Body 1 2			Small Group Training – 6-week body workover	Total Workout (10:15) 1 2
11:00 am			FitCity Starter 1		FitCity Starter 1		
12:10 pm	Total Workout (50 min.) 1 2	Athletic Intervals (50 min.) 1 2	STEP & Flex (50 min.) 1 2		Hatha YOGA 1 2		
4:30 pm				Small Group Training – Maple Ridge Workout Club			
5:00 pm	Athletic Intervals 1 2	FitCity Flex 1 2	Pure STEP 1 2	STEP & Flex 1 2			
6:00 pm	Kickbox Cardio 1 2	Total Workout 1 2	Athletic Intervals 1 2				
7:00 pm	Core Conditioning (30 min.) 1 2	<i>Specialty Program</i> Bhangra Dance Workout	Core Conditioning (30 min.) 1 2	<i>Specialty Program</i> BOSU & Glide your way to a stronger core			
8:00 pm	Hatha YOGA 1 2		Hatha YOGA 1 2				

- 1** Beginner/Intermediate
- 2** Intermediate/Advanced



Class Descriptions	
Athletic Intervals	Our "Push it to the Max" class! High-intensity intervals of low-choreography STEP or LOW IMPACT coupled with muscle-conditioning drills. Awesome for burning fat & increasing cardiovascular fitness.
Core Conditioning	One of today's hottest workouts! Condition your core for better posture, injury prevention and stronger, more defined abdominal, hip and back muscles.
Cross Train	Prevent boredom, injuries and plateaus with Cross Train. This format uses a variety of activities to improve cardio, muscular strength/endurance and flexibility. The format changes weekly. Expect any combination of the following: STEP, LOW IMPACT, Kickbox, Core Training, and FitCity Flex.
FitCity Flex	Get tighter abs, stronger legs and more shapely shoulders using everything from resistance tubes to the Body Bar. Rev up your metabolism with strength training in this challenging and motivating class. No cardio component.
FitCity Starter	Are you new to exercise, or just getting back to it after a break? FitCity Starter puts you on track to a regular fitness routine. You will learn basic STEP and LOW IMPACT moves, and finish off with a resistance training component and stretch.
Hatha Yoga	Experience tranquility in this class. Participants perform yoga poses designed to stretch and strengthen the body and expand the mind.
Mind Body	This class combines softness with strength for both your mind and body. Depending on instructor expertise you may experience any or all of: yoga postures, tai chi, ball training and Pilates-inspired exercises. One of our most popular FitCity formats and not to be missed!
Power Pacing & Flex	Power Pacing is a high-energy, instructor-led workout performed on stationary bikes designed to allow participants to control their own levels of resistance. This class combines 30 minutes of Power Pacing with 30-minutes of resistance training for a perfect workout!
Pure STEP	A choreographed cardio class performed on an adjustable platform, followed by abdominal work and stretching.
Kickbox Cardio	Work out the day's frustrations with this high-energy and exhilarating kickboxing class.
STEP & Flex/ Core	Pure STEP format followed by a 20-minute FitCity Flex or Core Conditioning segment for a great full body workout!
Step Interval	Get it all without overdoing it! 20-minutes of STEP, 20-minutes of HI/LOW IMPACT, then a dynamic FitCity Flex component & abs to complete this total body workout.
Total Workout	Get it all without overdoing it! 20-minutes of STEP, 20-minutes of Pure Cardio, then a dynamic FitCity Flex component & abs to complete this total body workout.