

Winter 2012							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 a.m.	Athletic Intervals <i>Mandy</i> 1 2 ③	Cardio Core <i>Jade</i> 1 2	Hatha YOGA <i>Christie</i> 1 2	Step & Flex <i>Jade</i> 1 2	Flex Fusion <i>Christie</i> 2 ③	Total Workout (9:00 a.m., 75 min) <i>Jade/Elizabeth</i> 2 ③	Pure Step (9:00 a.m., 75 min) <i>Erin</i> 2
10:30 a.m.						Hatha YOGA <i>Setareh</i> 1 2	
5:30 p.m.	Total Workout 1 2	Athletic Intervals <i>Elizabeth</i> 2	Cross Train <i>Erin</i> 1 2	Cardio Flex <i>Jacque</i> 1 2			
6:35 p.m.	FitCity Flex <i>Jacque</i> 1 2	Core Condition (30 min.) <i>Elizabeth</i> 1 2	Hatha YOGA <i>Erin</i> 2	YogaDance (7:00, 90 min.) <i>Setareh</i> 2			
7:40 p.m.	Hatha YOGA <i>Setareh</i> 1 2	Specialty Program					

- 1 Beginner/Intermediate
- 2 Intermediate/Advanced
- ③ Pre-registration required – take a number on arrival

Class Descriptions	
Athletic Intervals	Our "Push it to the Max" class! High-intensity intervals of STEP or HI/LOW IMPACT coupled with muscle-conditioning drills. Awesome for burning fat & increasing cardiovascular fitness. For our Monday and Saturday morning classes, ③ pre-registration required – take a number on arrival.
Cardio Flex	A LOW IMPACT workout followed by muscle conditioning and core exercises utilizing hand held weights, Body Bars, resistance tubes, or stability ball.
Core Condition	Condition your core for better posture, injury prevention and stronger, more defined abdominal, hip and back muscles. This class is enhanced with full body stretching. Please come warmed up to this class.
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. For our Friday morning class, Pre-registration required ③ – take a number on arrival.
Hatha Yoga	Experience tranquility in this class. Participants perform yoga poses designed to stretch and strengthen the body and expand the mind. Note that in Level 2 classes, poses are held longer and are not recommended for beginners. (75 minutes)
Pure STEP	A choreographed cardio class performed on an adjustable platform, followed by abdominal work and stretching. Level 2 classes denote advanced intensity and choreography patterns designed for experienced steppers only!!
Total Workout	Get it all without overdoing it! 20 minutes of STEP, 20 minutes of HI/LOW IMPACT, then a dynamic FitCity Flex component and abs to complete this total body workout.
Flex Fusion	A great full body workout that fuses the strength work of FitCity Flex with Pilates based moves.
Cross Train	Prevent boredom, injuries and plateaus with Cross Train. This format, which changes weekly, uses a variety of activities to improve cardio, muscular strength/endurance and flexibility. Expect any combination of the following: STEP, LO-IMPACT, Kickbox, Core Training and FitCity FLEX.
Yogadance	Love yoga but looking for something more? YogaDance is a fusion of traditional yoga exercises, bellydance, relaxation and mediation.
Step & Flex	A moderately choreographed but high intensity STEP cardio followed by muscle-conditioning and core exercises utilizing hand held weights, Body Bars, resistance tubes, or stability ball.



Group Exercise Etiquette

- Entering a class after the warmup is not permitted. To ensure the safety of our members, anyone who attempts to join a class late may be asked to leave the aerobics floor.
- In order to ensure your safety and accommodate as many participants as possible, we request that members not casually alternate between gym equipment and exercises on the group exercise floor. Whenever possible, participants are expected to remain on the group exercise floor for the duration of a class.
- Excessive noise and loud talking in the gym can be disruptive for class participants. During yoga classes and the stretch/relax portions of all classes, please do your part to respect others and minimize noise.
- For sanitary reasons, please use a towel when lying on the mats.
- To avoid overcrowding, we enforce a 'Clear Floor' policy. Bags, jackets and other large items are not permitted on the exercise floor during class. Please use the lockers and cubbies that are available.
- Please turn off all handheld communication devices while attending ALL group exercise classes. If you are expecting an important call, text, or email, please don't go to yoga or similar classes. Your ringing device will distract other participants and the instructor when they are trying to concentrate or relax.
- FitCity for Women is a scent-free facility. Please refrain from using and/or wearing any scented products on the premises.
- Must wear footwear at all times in the club and in all classes except Yoga and Pilates.



Preregistered Class Guidelines

- Registration is first come, first served. Pick up a number at reception when you arrive at the club.
- Please do not bring your own stability ball to use in the class.
- For clubs offering PowerPacing, please use the Registration Binder and ask reception for details.

Club Hours

Monday-Friday 6:00 a.m. - 10:00 p.m.
Saturday 7:00 a.m. - 6:00 p.m.
Sunday 8:00 a.m. - 6:00 p.m.

Play Care Child Minding

Monday-Friday 8:30 a.m. - 1:00 p.m.
Saturday 9:00 a.m. - 1:00 p.m.

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FitCity
FOR WOMEN
Where fit doesn't mean perfect.



Burnaby group exercise schedule
Winter 2012