

## DROP IN CLASSES

**Bootcamp (Advanced)** - gives you an anaerobic plus muscle-strengthening workout. Through the use of basic athletic movements, you will definitely feel like you got worked!

**Butts and Guts:** Targeting two most wanted areas in the body. You will work muscular strength and endurance in your core and glute regions. You will work until you cannot do any more reps.

**Cardio Pump:** This class will use interval or circuit training bouts consisting of intense anaerobic exercise combined with full body movements to maximize your workout and help you burn those calories.

**Cardio & Upper Body:** Get ready to sweat and burn major calories in this interval based cardio class and added upper body focused weight program. Combining the two to give you that perfect workout.

**Fusion:** A beautiful blend of 2 disciplines: yoga and pilates. Focusing on strength, flexibility and breathing. Experience physical challenges while finding inner-strength and focus.

**Power Cycling:** Put your head down and ride. Motivating music and a little voice in your ear, telling you to go, go, go. 45 minutes of steady high intensity cardio with sprints and hills mixed in! Bring your water bottle and towel!

**Total Body Blitz:** Full body workout that will get you in shape. This class will combine cardio, core and strength to help blitz your body and give you an awesome workout.

**Total Body Power:** Research shows that doing weight training is more beneficial for your body as you age! Work on all the functional muscles and help your muscle imbalances. Try going out of your comfort zone by lifting slightly heavier than usual. All fitness levels welcomed.

**TBS (Total Body Systems) (Advanced)** - TBS is a muscular strength and endurance class based upon 3 minute intervals of strength, followed by 3 minutes of aerobic fitness, and ending with core training.

**Weekend Warrior (Advanced):** Get your burn on before you head out for the weekend? This mixed format class can be a great supplement to your strength routine or another way to crank the heart rate, burn maximum calories and get your sweat on.

**Zumba:** The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind cardio fitness program that will blow you away.

## \*REGISTERED CLASSES\*

**Sunrise Yoga:** Start your day off with a flow class that focuses on alignment and longer, deeper holds. There will be something for everybody in this all levels class that will challenge you with new and different postures and transitions while providing you with the foundational skills to grow your practice.

**Yoga Flow:** A class that synchronizes breathing with movements. With dynamic flowing sequences that will focus on alignment while building strength, flexibility, balance and concentration.



WESTERN CANADIAN PLACE  
FITNESS CENTRE