



GROUP FITNESS Winter 2010

1515 Pitt Street, Cornwall Ontario

613-930-2445

	MON	TUE	WED	THUR	FRI	SAT	SUN	
9:00 am	Ultimate Hi/Lo Marilyn 2	NEW! Cardio Knock U Out Multi level Marilyn	Ultimate Hi/Lo	Step 2 Marilyn	Ultimate Hi/Lo Deb 2	*SUMMIT Weight Reduction		
9:45 am		New! Body Sculpt Marilyn 1		New! Body Sculpt Marilyn 1				
10:00 am	NEW! Cardio Fit Marilyn 1		NEW! Step 1 Marilyn 1		Yogalates Deb 1	Step 2 Trisha		
10:30 am		Cardio Combo Diane 1		Cardio Combo Diane 1			*Zumba 2:00pm & 6:30 pm	
11:00 am						Flex It Trisha 1		
11:15 am		FLEX IT Diane 1		FLEX IT Diane 1				
12:10 pm	Step 1 Lisa				Step 1 Lisa			
4:15 pm	Step 1 Karen		Step 1 Karen	<u>4:00</u> Cardio Kickboxing Multi level Leah		30 weekly classes to choose from Certified Can Fit Pro Fitness specialists Certified East To West Pilates Matt Instructors * These programs are not included with your Group Fitness Membership – please see our customer service staff for more information		
5:00 pm	Step 2 Monique 2	POWER PUMP Multi level Lisa	Step 2 Monique 2	Step Interval Trisha 1				
6:00 pm	FLEX IT Trisha 1	* SUMMIT Weight Reduction	FLEX IT Trisha 1	* SUMMIT Weight Reduction	Yoga Kim 1			
7:00 pm	Yogalates Kim 1	* SUMMIT Weight Reduction Starts November 17	Pilates Super Sculpt Tish 1	* SUMMIT Weight Reduction Starts November 17				
8:00 pm			Yoga Tish 1					
8:30 PM		* Zumba fitness		* Zumba fitness				

1 = Moderate (for everyone) 2 = Challenging (Advanced)

Our **certified and friendly** instructors look forward to helping you reach your health and fitness goal

GROUP FITNESS CLASS DESCRIPTIONS

STEP 1 - Join our instructors as they guide you through a fun and motivating step class that is perfect for first time steppers or those experienced steppers looking for a basic approach. The goal for this workout is to be able to work at your own pace and HAVE FUN! A cardio class. Level 1

STEP 2 - This is the ultimate step workout! Step experience is a + if you want to participate in this exciting class. This extended cardio workout is guaranteed to do one thing to the max: burn calories & fat. Our Instructors will take you from simple steps to advanced steps using propulsion moves and innovative, creative combinations. This workout doesn't slow down until the well deserved stretch! **Level 2 only, not ideal for new and inexperienced steppers. If you are new to step try Step 1 classes.**

STEP INTERVAL - A great combination of cardio and toning. Burn calories and tone up all in one class. This class is great for all levels of fitness. You do not need step experience to enjoy this workout. Level 1

POWER PUMP - This is no dance class! This class is a cardio, core, circuit and muscular based class. Join Lisa for an hour of power pump and leave feeling strong, lean and fit. Great for Everyone! Arrive early to help set up.

PILATES SUPER SCULPT - Join Tish for this upbeat Pilates full body workout. Sculpt and tone the entire body with this Pilates based workout. Great for all ages and all fitness levels.

NEW! BODY SCULPT - Reshape and redefine your body in body sculpt! Marilyn combines the best of Pilates with the very best of body toning to give you the best body ever! Tighten & tone upper body, abs and back, hips and thighs in this total body toning class. Level 1

YOGALATES - Join Deb and Kim for a combination class of Pilates and Yoga. Our East to West Certified Instructors balance Yoga with Pilates offering the perfect fit of core and relaxation.

ULTIMATE HI/LO - This is an excellent cardio class! Burn calories and fat with this fun non-stop action. Marilyn will keep you energized and motivated with ultimate Hi/Lo choreography. Both Hi impact & Lo impact movements are *always* demonstrated to guide you through your preferred choice workout. You can get *high* with jumps, hops & jogs or **stay low** with steps & marches. This class concludes a total body toning section to hit all those stubborn spots. *You'll love this class!* Level 2

NEW! CARDIO KNOCK U OUT: This class will literally knock u out! Don't miss this high energy, cardio blasting, core toning workout. Everyone can do this class. A combination of step cardio, cardio kickboxing and core. Multi level.

CARDIO COMBO - A step class with a new twist. A combination of step & low impact. Join Diane for this energetic yet simple to follow class that hits all the right spots. Whether you are a beginner or someone looking for just a bit more, this class is for you! Level 1

NEW! CARDIO FIT: This class combines traditional floor cardio with dance cardio for a complete cardio experience. Level 1

YOGA - Join Kim and Tish for Yoga. Our instructors teach easy-to-follow yoga poses with lots of careful instruction. You'll get the flexibility & relaxation benefits with an emphasis on enjoying the moves, not perfecting each pose. This class is ideal for first timers and experienced yoga enthusiasts as you explore poses like cat, mountain, cobra, and child. Let Kim and Tish offer you the most relaxing experience in a quiet setting and relaxing music. Level 1

FLEX IT - Get the muscle definition you've always wanted! Get pumped and get toned in this 60 minute power packed pumped workout. Level 1

IMPORTANT! *Stepping is a new skill... so be patient, be persistent and you will find that once you learn how to step you will truly enjoy this exciting way to stay in shape. It may take a few weeks to feel comfortable so give yourself time. PLEASE SHOW UP at least 10 MINUTES BEFORE YOUR SCHEDULED CLASS & Let your instructor know before the class that it is your first time.*

ALL CLASSES, TIMES AND INSTRUCTORS SUBJECT TO CHANGE AND/OR CANCELLATION

ZUMBA CORNWALL Move. Groove. Attitude

(not included in Group Fitness Membership - To register please contact Cristal at 613.933.5177)

First Class Free

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "Fun and Easy To Do" allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits. Zumba is a feel happy workout that is great for both the body and the mind.