


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	9-10:00AM SPIN N' SCULPT JEN		9-10:00AM SPIN N' SCULPT JEN			10:00 - 11:00AM STEP PUMP ROBIN	
LUNCH	12:05-12:55 X-TRAIN POWER JEN	12:05-12:55 PILATES KANDI	12:05-12:55 CARDIO COMBAT JEN	12:05-12:55 STEP PUMP ROBIN	12:05-12:55 YOGA KANDI		
EVENING		5:30-6:30 YOGA TYLER	5:30-6:30 STEP PUMP	6:00-7:00 BOOT CAMP			
	6:30-7:30 SPINNING MARNIE	6:30-7:30 CARDIO TONE MARC	6:30-7:30 SPINNING				
	7:30-8:30 YOGA TYLER	7:30-8:30 PILATES MARC	7:30-8:30 SALSA JULIE				
	ALL PARTICIPANT LEVELS ARE WELCOME TO ALL CLASSES. INTRODUCE YOURSELF AS A NEW MEMBER SO THE INSTRUCTOR CAN PROPERLY ASSIST YOU THROUGH THE BEGINNING STAGES!		Please note: CHECK OUT OUR NEW FALL CLASSES!		<p>WOW Members, Do you have any questions, comments or feedback about your group fitness classes? Let me know! Drop me an e-mail at: clubwow@shaw.ca</p>  <p>Stay Fit, Have Fun! Rob Rooksby Club Manager, Owner</p>		

Bootcamp:

For all your cardiovascular needs we've got high and low impact activity designed to get your body moving. Included is strength and endurance resistance conditioning in an interval style. Learn proper boxing technique while getting the cardio you want. Jab, X-Jab & the Kicks, you'll get what you need in this 1 hour class. Nothing like marshal arts with a cardio flavor, let the beat put the punch in your routine. Let's do it!

Thurs 6:00pm

Spinning:

Everyone finishes first in SPINNING! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On!

Mon 6:30pm, Wed 6:30pm

Spin 'N' Sculpt:

Great for the cycle enthusiast. This no impact class uses endurance combinations and tempo changes followed by core & fit ball training, abdominal work and flexibility. A variety of music for every ones taste you'll enjoy the beat that goes with the ride. This class has it all; when you're in the driver's seat...you've got control!

Mon 9:00am, Wed 9:00am

Step Pump:

A step class designed to optimize fat burning and strength training at the same time. You will perform step and weight intervals at a slower pace in order to maximize your balance, movement efficiency and muscular endurance. Floor work and stretching are also incorporated.

Wed 5:30pm, Thurs 12:05pm, Sat 10:00am

Yoga:

Experience this revolution in mind/body training that will change the way you feel about your body-forever. You'll stand straighter, feel stronger, become more flexible, and more physically aware. Yoga is designed after the Hatha technique and will increase your endurance, reduce stress and relieve pain. So get your body and mind into the flow.

Mon 7:30pm, Tues 5:30pm, Fri 12:05pm