



Fall 2017 Schedule

September 11 to December 17, 2017

LifeFIT on Riverside Drive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am to 7:15am	SpinFIT	HIIT	SpinFIT	HIIT	SpinFIT		
9:00am to 10:00am						SpinFIT	SpinFIT
9:00am to 10:00am						Bamboo Barre	
9:15am to 10:15am	Interval	FusionFIT	Cardio Party	Bamboo Barre	MuscleFIT		
9:30am to 10:30am	SpinFIT		SpinFIT Endurance		SpinFIT & Yoga		MuscleFIT
10:15am to 11:15am						FusionFIT	
10:30am to 11:30am	Tai Chi Level 2	Muscle & Movement	Tai Chi Level 1	Muscle & Movement	Tai Chi Level 2		
12:00pm to 12:50pm	StepFIT & Core	Zumba	MuscleFIT	Zumba	FusionFIT		
12:10pm to 12:50pm	SpinFIT Express			SpinFIT Express			
4:15pm to 5:15pm			SpinFIT				
5:30pm to 6:30pm	Barre	fABulous Circuit (5:15pm - 6:00pm)	FusionFIT				
5:30pm to 6:30pm	SpinFIT			SpinFIT			

Specialty & Wellness Programs: Please see reverse for program information.
Specialty & Wellness Programs requires separate registration

Location



SpinFIT area in LifeFIT Centre



LifeFIT Studio



West Gym

Class descriptions

Bamboo Barre

Bamboo Barre is a high energy, low impact fitness class that fuses together a variety of exercises and poses from yoga, Pilates and ballet to bring you a workout that improves posture, strength, flexibility and balance. The motivating and upbeat music controls the rhythm of the class as each muscle group is individually targeted in a series of isometric movements followed by a sequence of stretches to elongate your muscles and increase flexibility.

Barre

A high-energy, fun and challenging workout that will focus on postural strength, alignment, breath and muscle action.

Cardio Party

Satisfy your cardio and dance fix with our Cardio Party. An hour of dance based fun and cardiovascular training all rolled into one. All levels welcome.

fABulous Circuit

High energy circuit style training that will target both your fABulous core and your cardiovascular system. Come prepared to sweat and make this one of your big workouts in the week.

FusionFIT

This class is a blend of traditional Yoga and Pilates movements that will improve skeletal posture, strengthen muscles and work the core.

HIIT

This is a form of interval training, alternating short periods of intense anaerobic exercise with less intense recovery periods; with a mix of cardio and strength training.

Intervals

A multi-level class alternating between strength training and cardio drills with the option to work at your own level.

MuscleFIT

This class focuses on strengthening all the major muscle groups, on improving your musculature and the overall performance of your functional movement. The class will incorporate the use of STEPS, hand weights, body bars, tubing and the stability ball.

Muscle & Movement

Gentle low impact aerobics followed by muscle toning using various equipment. These classes are perfect for those who have joint instability, heart or medical conditions.

SpinFIT

Enjoy our indoor cycling program with the best combination of motivation and music to keep you fit. Bikes can be reserved up to one week ahead. Please call the LifeFIT staff at 613-733-5100 ext. 312 to reserve your bike.

SpinFIT Endurance

An endurance based class focusing on increasing aerobic capacity.

SpinFIT & Yoga

1 hour special class that revs up the heart and relaxes the muscles. WOW!
A 30-minute spin workout with intensity options that are perfect for all levels of participants, followed by 30 minutes of athletic based yoga stretches.

StepFIT & Core

A multi-level class using a step platform throughout the cardiovascular segment. Core strength, targeting the muscles in the torso, will also be included.

Tai Chi

This special class will focus on Tai Chi fitness. Enjoy a gentle way to tone and strengthen your body as well as improve concentration, coordination and balance. Class will progress throughout a series of movements.

Zumba

An hour long class for those who want to have fun and get a great workout! This Latin infused cardio class is enjoyable and easy to follow. It's a dance party!

Work with a LifeFIT Personal Trainer*



Three-hour introductory package at the special price of \$145 *plus taxes.*

For information or to book your free consultation, contact the LifeFIT Centre personal trainers at 613-733-5100 (ext. 312).

Did you know?

Having a personal trainer has several advantages – trainers can provide motivation, professional expertise, and personalized attention; all key components of reaching your personal health and fitness goals. If you want to rehabilitate muscles, lose weight, get healthy and/or get stronger, hiring a personal trainer can be a step in the right direction.