

### GROUP EXERCISE CLASSES | LIVEWELL4LIFE 2017

MONDAY		TUESDAY		WEDNESDAY	THURSDAY		FRIDAY		SATURDAY		
6:30-7:00AM Strength Fit		6:30-7:00AM Strength Fit		6:30-7:15AM Spin Soul Cycle & Core	6:30-7:00AM Strength Fit		6:30-7:15AM Spin Fusion	6:30-7:15AM Yoga Energize (New!)			
		7:05-7:45AM TRX Fit			7:05-7:45AM TRX Fusion (New!)						
9:00-9:40AM Forever Fit - Stronger		9:15-10:00AM Kick & Ball Mild	9:15-10:00AM Forever Fit - Yo Chi	9:15-10:00AM Kettle Core Cardio	8:30-9:00AM Pickleball				8:30-9:15AM Jacked Up Open		
9:45-10:30AM Body Moves		10:05-10:45AM Pilates with Weights		10:00-10:45AM Yoga Rejuvenate (New!)	8:50-9:30AM TRX Fit		9:30-10:15AM Power Combo		9:15-10:00AM Lift & Spin Circuit	9:15-9:55AM TRX Fusion (New!)	9:15AM Running Group (FREE!)
10:35-11:20AM Kettle & Pedal		10:50-11:20AM Fit Mom			9:30-10:15AM Groove & Drum		10:15-11:00AM Yoga Restore (New!)		10-10:45AM Yoga Restore (New!)		
					10:20-10:55AM Lift Mild		11:05-11:35AM Fit Mom				
		4:30-5:15PM HIIT Core (New!)		4:30-5:15PM Yoga Energize (New!)	4:30-5:15PM Power Combo		4:30-5:15PM Dance Fit (Ages 5-7)		<b>CLASS SIGN UP</b> It is required that you sign up for classes and check in when you arrive. You can sign up online through our website, or by calling ahead. Classes are first-come first serve. Spin classes are limited to 10 spots and we do have wait lists. Signing up and paying in advance will guarantee your spot.		
5:30-6:15PM Spin & Core		5:45-6:30PM Lift & Burn		6:00-6:45PM Spin Fusion	5:30-6:15PM Spin & TRX	5:30-6:15PM Kick It Combo	5:30-6:15PM Yoga Kids	5:30-6:10PM TRX Fusion (New!)			
6:30-7:00PM Full Body Bootcamp	6:30-7:00PM Kids Fit	6:30-7:10PM TRX Fit		6:50-7:30PM Forever Fit - Stronger + Core (New!)	6:20-7:05PM Kettlebell AMPD	6:15-7:00PM Spin	6:15-7:00PM Ripped	6:15-7:00PM Dance Fit (Ages 8-10)	<b>INCLEMENT WEATHER &amp; CLASS CANCELLATIONS</b> All cancellations will be posted to our online schedule or Facebook page. For weather-related cancellations check our homepage as well. We will send emails to those registered for any cancelled classes. You will not be charged for cancelled classes.		
7:00-7:45PM Kickbox Camp		7:00-7:45PM Jacked Up Open			7:05-7:55PM Yoga Rejuvenate (New!)						
7:50-8:35PM Yoga Energize (New!)					8:00-8:45PM Jacked Up Open						

*8 Week Small Group Training; Pre-registration required, please inquire for start dates.*

## 2017 HOLIDAYS

(no classes on these days)



**FEB 15** - Family Day  
**APR 14** - Good Friday

**MAY 22** - Victoria Day  
**JUL 1 - JUL 9** (BREAK)

**AUG 7** - Civic Holiday  
**AUG 26 - SEP 4** (BREAK)

**OCT 9** - Thanksgiving  
**DEC 24 - JAN 6** Holidays

**Body Moves** A feel-good flowing class that will make you sweat. Inspired by NIA Fitness (Non-Impact-Aerobics) this is a non-impact class focused on aerobic conditioning and muscle toning exercises. A holistic experience that draws awareness to each movement while connecting mind, body, and spirit.

**Dance Fit** A program designed for kids who love to dance. Dance is a great way to stay active. This class is set up in an 8 week session so the kids learn some basic dance moves and put it to music. We will also introduce other forms of movement. Class includes warmup, cool down and fun games! Ages 5-10

**Fit Mom** This class is designed for moms to bring their kids/babies with them and still get a great workout in. Each week we will fill this class with a variety of different circuit type exercises. Sweat, get stronger and feel great.

**Forever Fit Stronger** A class that focuses on strengthening muscles for a strong foundation. Moves are functional and will help you become stronger in your everyday tasks. You are never too old to build muscle and feel stronger.

**Forever Fit Stronger + Core** Similar to our regular *forever fit - stronger* class with the addition of movements that work your core.

**Forever Fit Yo Chi** Yo-Chi classes provide a fun experience, which blends opposites - stability and mobility, inner and outer awareness, floor work and standing, muscle contraction and relaxation, yin and yang - into a mindful, integrated workout.

**Full Body Bootcamp** Do you need a fast and effective workout to get your week started? This is it! Become stronger and leaner with this 30 minutes in and out - you will feel this workout through your whole body!! For all levels - bring the kids for our KidsFit class at the same time so you both get a good workout.

**Groove & Drum** An upbeat innovative class that will transform your cardio workout! Inspired by a variety of dance styles, this class is easy to do and fun! We've added some rhythmic beats using drumming techniques, and gentle movements that will get the whole body working.

**HIIT Core** High Intensity Interval Training for your Core! Using interval training we will tone and strengthen your core using power weighted moves & proven strength techniques. This class is ABSOLUTELY the best way to get summer ready!

**Jacked Up Open** A cross-fit inspired style of training, great for both men and women of all ages! A full body workout that combines strength, endurance, and power, using weight lifting techniques and body weight exercises to challenge your limits.

**Kettle & Pedal** We've taken our Spin class and infused it with with a kettle bell workout! Get the best of cardio and strength all in one.

**Kettlebell AMPD** A fun total body workout Kettlebell AMPD using the Kettlebell (a ball-shaped weight with a handle) we will get your heart pumping and muscles working. Energizing music will keep you motivated from beginning to end. Offered as mild and regular intensity.

**Kettle Core Cardio** This class uses the Kettlebell weight for strengthening, plus we'll be adding core and cardio moves to make this a new an exciting class!

**Kick & Ball Mild** We've taken our classic Kick It class (use of kick box body movements and cardio exercise) and added the use of big and little exercise balls to strengthen and tone. The perfect combo for a heart-pumping muscle toning workout.

**Kickbox Camp** A great cardio blast using martial arts movements, body weight exercises, step sequences, and killer core moves.

**Kick It Combo** A combination of kick boxing movements, body weight exercises and step sequences for a killer cardio blast! This class is perfect if you want a heart-pumping muscle toning workout.

**Lift & Burn** A highly addictive workout that uses barbells & plates to shape, strengthen, and lean. We've added some brief segments of heart racing cardio to target every area of the body! For all levels.

**Kids Fit** A multi-sport class for kids which focuses on new athletic skills and challenges each week. We will provide kids with a base for a range of activities using cross-fit inspired exercises, all while having fun!

**Lift & Spin Circuit** We are fusing 2 of our most popular class's together to create a great Saturday total body workout. Benefit from the bar lifting circuits and the heart beating spin. A workout for all levels that will have you starting your weekend like a champ!

**Lift Mild** A highly addictive workout that uses barbells & plates to shape, strengthen, and lean; with particular attention to form. Geared towards beginners.

**Pickleball** Pickleball is racket sport that combines elements of badminton, tennis, and table tennis. Come with a partner or on your own!

**Pilates with Weights** A full-body low impact workout that uses controlled movements to build strength, balance, coordination, and muscle endurance. We're amping it up by adding dumbbells! A great way to improve performance of daily activities and develop core strength to avoid injury.

**Power Combo** An instructor led, total body workout designed to maximize fat loss, burn calories and sculpt lean muscle. We will take the best parts of all our classes and put them together making this your best workout of the week!

**Ripped** The ultimate cardio, core, barbell, free weight & body weight class. This high-energy class hits every muscle and leaves you with a complete full body workout. Take the challenge and see the results!

**Running Group** Come and join us for our weekly run - it's FREE! Take advantage of walking/jogging/running with a group once a week. Starting point is at LiveWell4Life. Distances and trails will vary.

**Spin** High energy indoor cycling class driven by the beat of the music. You control your own resistance and speed.

**Spin Adventure Ride** Ride across the world and through different terrain in this exciting biking adventure.

**Spin & Core** High energy indoor cycling with an integrated core workout.

**Spin & TRX** A classic spin class with the addition of TRX exercises that will build strength from head to toe.

**Spin Fusion** An interval based spin class that combines exercises both on and off the bike. Alternating between spin sets on the bike and core & strength exercises off the bike!

**Spin Soul Cycle & Core** Have you heard of the popular Spin Cycle classes in the states? This is our take on it - a tranquil and peaceful environment awaits you for this class - you will be inspired, find strength, sweat and work your whole body. Plus we've added in a great core workout on top of it all! You will leave this class a "changed" person.

**Strength Fit** A small group strength training program for men and women of all fitness levels. You will be guided through 3 workouts a week for 8 weeks. Each workout will focus on different muscle groups, plus some high intensity cardio bursts that will enhance your strength training and encourage better results. Workouts are performed in circuits using interval style training with extra focus on form and function.

**TRX Fit** TRX Fit is a form of suspension training that uses bodyweight exercise to develop strength, balance, flexibility, and core stability all at once! Using the TRX suspension straps, we will put you through a high intensity interval workout while having fun. Start with a warm-up, then work through blocks of endurance and strength exercises. Then finish with a TRX yoga cool down. Max 6 people per class. These classes will hold a maximum of 5-6 people so be sure to register in advance!

**TRX Fusion** is similar to our regular TRX class, with the addition of other equipment like the BOSU, ropes, and kettlebell. If you're looking for a fun and challenging class this is it!

**Yoga Energize** Strengthen your core and feel great with this mix of power Pilates and yoga strength movements. To top it off we've added some yoga flow and stretch poses to make this an energizing and rewarding class.

**Yoga Kids** A yoga class for kids ages 5-12. A fun class that is great for kids minds and bodies - see them getting stronger, relaxing and breathing, become more attentive and focused all while learning yoga poses with fun names to help remember them.

**Yoga Rejuvenate** Find balance and peace in this yoga flow style class. Flowing standing poses, relaxing lying poses and gentle strength and stretch poses create a balanced pace that will leave you feeling rejuvenated.

**Yoga Restore** Restore your body with an elegant style Yin class that includes movements like gentle hip openers, forward bends and light sun salutations. This class will leave you feeling recharged and restored.