



# GROUP FITNESS FALL 2020

AUGUST 31st - DECEMBER 18th



REGISTER ONLINE: [www.medicinehat.ca/flc](http://www.medicinehat.ca/flc)

CALL: 403.502.8566

PROGRAM	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	INTENSITY
<b>FOUNDATION BUILDING</b>								
WALK TO HEALTH	Fitness Floor	9:35-10:20a				9:35-10:20a		1
<b>STRENGTH &amp; CONDITIONING</b>								
ATHLETIC TRAINING	Fitness Floor		6:30-7:30p		6:30-7:30p	5:00-6:00p		2
PILATES PLUS	MPS 1		9:30-10:15a					1
POWER TONE	MPS 2				5:30-6:30p			2
RIP®	MPS 2		5:30-6:30p					2
The Sweatfest	Fitness Floor	8:00-9:00p		5:30-6:15p			1:00-2:00p	3
TRX	Fitness Floor	5:45-6:30p		8:30-9:15a				2
				6:30-7:15p				
<b>GROUP CYCLE</b>								
HAMMERFEST	MPS 1	COMING SOON						
STEADY STATE	MPS 1	COMING SOON						
<b>BLENDED</b>								
FIT FEST	MPS 2				9:30-10:15a			2
FITNESS FLASHBACK	MPS 2			5:30-6:15p			8:30-9:20a	2
HIT THE FLOOR	MPS 2/ KIN PLAZA		10:30-11:15a					2
STRONG NATION	MPS 2		6:45-7:45p		6:45-7:45p			3
ZUMBA TONING	MPS 2	7:00-8:00p						2
<b>MIND &amp; BODY</b>								
EXPRESS YOGA	MPS 1				10:30-11:15a			1
GENTLE YOGA	MPS 1			9:30-10:15a		10:30-11:15a		1
GENTLE FLOW YOGA	MPS 1	6:00-7:00p						1

## LEGEND



= LOW INTENSITY



= MEDIUM INTENSITY



= HIGH INTENSITY

Updated: 09/02/2020

# CLASS DESCRIPTIONS



We offer a variety of group fitness and wellness classes for every ability. Whether you're new to fitness classes or looking for a challenge, we have a class to fit your needs. Classes vary by facility & are open to participants 13 years & older. Check the facility daily drop-in schedules online for the latest information [www.medicinehat.ca/flc](http://www.medicinehat.ca/flc)

## FOUNDATION BUILDING

WALK TO HEALTH	This class capitalizes on the many health benefits of walking while focusing on body & posture awareness all while incorporating strength & stretching moves to invigorate the body.
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## STRENGTH & CONDITIONING

ATHLETIC TRAINING	Move more like an Athlete! Agility, Balance, Coordination - total body integration: This is a great class for teams or individuals wanting to up their game.
PILATES PLUS	This class applies the core principles of Pilates to both mat work & traditional strength training exercises for an alignment based total body workout
POWER TONE	A full body, high energy strength & conditioning class with a focus on core training.
RIP®	RIP® is a barbell & body weight workout for anyone who is looking to get lean, toned & fit! Using light to moderate weights with lots of reps.
The Sweat fest	This HIIT class combines bikes, barbells, body weight & more rolled into a high tempo class focused on shredding calories, moving well, & getting stronger.
TRX	Suspension Training body weight exercise develops strength, balance, flexibility, & core stability simultaneously in this fast effective total body workout.

## GROUP CYCLE COMING SOON

HAMMERFEST	An advanced cycle class using intervals & a variety of drills to push participants toward their lactate threshold, improving VO2 Max, & incinerating body fat.
STEADY STATE CYCLE	Early morning spin class is a great way to start the day. This version is about maintaining a high cadence in the aerobic zone, to help you feel invigorated rather than exhausted

## BLENDED

FIT FEST	A mixed medium intensity cardio class- Zumba, step, intervals, strength training lots of variety for a total body workout guaranteed to get your heart rate up & smiles on!
FITNESS FLASHBACK	A total throwback & full body workout, to all your favorite traditional style classes like step & toning complete with classic tunes! Headbands & ankle warmers optional!
HIIT THE FLOOR!	A combination cardio class with fun & simple line dance routines and energizing drills to get your heart rate up & improve your cardiovascular fitness.
STRONG NATION	Stop counting the reps. Start training to the beat. A combination of body weight, muscle conditioning, cardio & plyometric training moves synced to original music to match every single move.
ZUMBA TONING	Party yourself into shape with this Latin-inspired, calorie burning class. Now includes muscle toning resistance training.

## MIND & BODY

EXPRESS YOGA	Improve strength, endurance, and flexibility with this upbeat and energizing class.
GENTLE YOGA	Learn basic yoga postures in a comfortable environment. Ease into your range of motion while improving strength, stability, & posture.
GENTLE FLOW YOGA	Easy to follow sequences that guide you from one pose to the next. Blend your breath with movement to balance energy & increase strength & mobility.

