

Group Fitness Schedule

All Instructors are registered with accredited professional fitness organizations.

Schedule is subject to change. Please confirm classes on the master schedule outside the group fitness studio or call to confirm. There are no classes on statutory holidays.

Time	Mon	Tues	Wed	Thurs	Fri
4:15pm	Lifestyle Fitness		Lifestyle Fitness		
5:15pm		STEP H.I.I.T.		STEP H.I.I.T.	
5:30pm	BOSU BOOT CAMP		BOSU BOOT CAMP		
6:00pm	CORE BLASTER		CORE BLASTER		



Fall 2017



Contact Info:
 Phone: 604-859-1331
 Email: info@vrcfitness.ca

Class Descriptions

Bosu Boot Camp

A fun & intense high energy total body fitness class designed to burn fat and improve muscular strength & balance. This upbeat class will alternate between cardio and strength drills using both a stable & unstable surface. Use body weight, resistance equipment, and the BOSU trainer. All fitness levels welcome.

Core Blaster

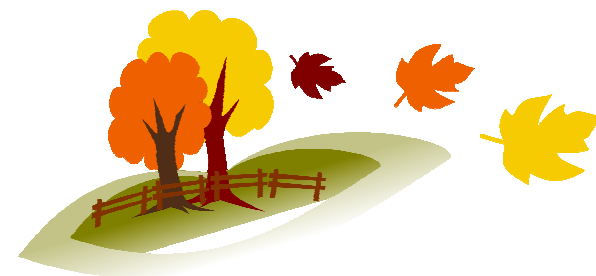
Everybody wants better abs! But more than just looks, strong abs help contribute to overall core strength. This class hits 'em hard with abdominal work firming up transverse, obliques, and rectus abdominus using a stability ball. There is no cardio portion to this class.

Step H.I.I.T.

Step AND HIIT AND weights?! Yep – this one is every bit as good as it sounds! High intensity step intervals using weights. (Note: this is not a choreographed step class - step is used as a piece of equipment for each interval workout together with weight options).

Lifestyle Fitness

This energetic weight training class uses bars, dumbbells, music and movement to target all the major muscle groups. Easy to follow, it is accessible to men and women of every fitness level. Increase your muscle strength and endurance and have fun at the same time.



Important Notes

Please let your class instructor know if you:

- Are a beginner
- Have back, neck, knee or other joint problems
 - Are diabetic, asthmatic or pre/post-natal
- Are taking any medications that may affect your exercise

Take all classes at your own pace

- Please use options and modifications provided
 - If fatigued, drop arms and keep moving
 - If you feel pain anywhere, adjust/stop accordingly
- If you feel faint or dizzy, stop and ask for assistance

For best results

- Wear appropriate, non-scutt footwear
- Drink water before, during and after class
- Stay for the cool down. If you must leave, please signal to the instructor that you are ok.

Safety

- Avoid chewing gum
- Keep water bottles and towels to the side
 - Listen to instructor's safety cues