



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 |
|---------|----------------------------------|-----------------------------|----------------------------------|-----------------------------|------------------------|
| 6:30am | | H.I.I.T. EXPRESS | | H.I.I.T. EXPRESS | |
| 9:15am | | BOOT CAMP | | BOOT CAMP | |
| 10:30am | INSANITY 45 | | INSANITY 45 | | INSANITY 45 |
| 4:15pm | Lifestyle Fitness | | Lifestyle Fitness | | |
| 5:30pm | Step & Sculpt | | Step & Sculpt | | |
| 6:30pm | | | | | |

VRC Tots

Monday to Friday: 9:00AM - 12PM*

Monday & Wednesday: 5PM - 7:30PM*

**staff will leave 30 min prior to closing if no children in attendance*

Contact Info:

Phone: 604-859-1331

Email: info@vrcfitness.ca



vrcfitness.ca



Winter 2016
Starting Jan. 4th

Class Descriptions

H.I.I.T. EXPRESS

A total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before the busy days get started. Modifications for all fitness levels are provided.

BOOT CAMP

Take your fitness to a whole new level with this interval-based workout. No drill sergeants, but all the hard-core conditioning you can handle. Fall in line and get ready to work it! Train with cutting edge methods and equipment to create a new you.

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.

Step & Sculpt

This is an upbeat group step class, performed to tempo with music. You will train to improve full body strength and endurance with truly engaging routines. Get Stronger! Get Fitter!

INSANITY

Insanity Live is a group-focused, cardio-conditioning and athletic training class that helps you let go of your limits to achieve your best body and health. Master athletic training drills, cardio conditioning and strength training, while working together as a team. It's challenging, but accessible to all, with modifications available for all levels.



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-suff 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

**All classes are 50 minutes
unless noted otherwise!**