

# Fall Schedule – Sept 4-Dec 21

MONDAY		
CLASS	TIME	ROOM/AREA
Body Blast	6:30AM-7:15AM	TRX Training Zone
Open Meditation	8:00AM-9:00AM	Mind Body Studio
Dance X	12:05PM-12:50PM	Main Studio
Yoga	12:05-12:50PM	Mind Body Studio
Glutes Guts Guns	1:05PM-1:50PM	Main Studio
Vinyasa Yoga	1:05PM-1:50PM	Mind Body Studio
Open Meditation	2:30PM-3:30PM	Mind Body Studio
Body Blast	4:30PM-5:15PM	TRX Training Zone
Athletic Step	5:30PM-6:15PM	Main Studio
6 Pack & Backpack	6:15PM-6:45PM	Main Studio
Yoga	6:30PM-7:30PM	Mind Body Studio
Guided Meditation	7:30PM-8:00PM	Mind Body Studio
Open Meditation	8:00PM-9:00PM	Mind Body Studio

TUESDAY		
CLASS	TIME	ROOM/AREA
Spin and Foam Rolling	6:30AM-7:15AM	Cycling Zone
Open Meditation	8:00AM-9:00AM	Mind Body Studio
Glutes Guts Guns	10:00AM-10:45AM	Main Studio
Ropes Gone Wild	12:05PM-12:50PM	Main Studio
Vinyasa Yoga	12:05PM-12:50PM	Mind Body Studio
Insanity	1:05PM-1:50PM	Main Studio
Yoga	1:05PM-1:50PM	Mind Body Studio
Open Meditation	2:30PM-3:30PM	Mind Body Studio
Spin Express	4:30PM-5:00PM	Cycling Zone
6 Pack & Backpack	5:15PM-5:45PM	Main Studio
Power Punch	7:00PM-7:45PM	Main Studio
Open Meditation	8:00PM-9:00PM	Mind Body Studio

Hours:  
6:00am—10:00pm,  
Monday-Friday

8:00am—7:00pm  
Saturday & Sunday

Contact us:  
519-452-4477 or  
Program Manager,  
Karen Nixon-Carroll:  
519-452-4430 x4805

Sign up for all classes: <http://studentwellnesscentre.ca/>

Please cancel yourself out of classes if you are unable to make it to allow others to sign up.

# Fall Schedule – Sept 4-Dec 21

WEDNESDAY		
CLASS	TIME	ROOM/AREA
Glutes Guts Guns	6:30AM-7:15AM	Main Studio
Open Meditation	8:00AM-9:00AM	Mind Body Studio
6 Pack & Backpack	11:30AM-12:00PM	Main Studio
Spin	12:05PM-12:50PM	Cycling Zone
Restorative Yoga	12:05PM-12:50PM	Mind Body Studio
Body Blast	1:05PM-1:50PM	TRX Training Zone
Open Meditation	2:30PM-3:30PM	Mind Body Studio
Insanity	4:30PM-5:15PM	Main Studio
6 Pack & Backpack	5:15PM-5:45PM	Main Studio
Yoga	5:45PM-6:30PM	Mind Body Studio
Glutes Guts Guns	7:00PM-7:45PM	Main Studio
Dance X	8:00PM-8:45PM	Main Studio
Open Meditation	8:00PM-9:00PM	Mind Body Studio

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THURSDAY		
CLASS	TIME	ROOM/AREA
Yoga	6:30AM-7:15AM	Mind Body Studio
Open Mediation	8:00AM-9:00AM	Mind Body Studio
Spin Express	12:05PM-12:35PM	Cycling Zone
Ropes Gone Wild	12:05PM-12:50PM	Main Studio
Yoga	12:05PM-12:50PM	Mind Body Studio
Power Punch	1:05PM-1:50PM	Main Studio
Vinyasa Yoga	1:05PM-1:50PM	Mind Body Studio
Open Meditation	2:30PM-3:30PM	Mind Body Studio
Body Blast	4:30PM-5:15PM	TRX Training Zone
Dance X	5:30PM-6:15PM	Main Studio
Vinyasa Yoga	5:30PM-6:15PM	Mind Body Studio
Spin Express	7:00PM-7:30 PM	Cycling Zone
6 Pack & Backpack	7:40PM-8:10PM	Main Studio
Open Meditation	8:00PM-9:00PM	Mind Body Studio

Hours:  
6:00am—10:00pm,  
Monday-Friday  
  
8:00am—7:00pm  
Saturday & Sunday

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Program Manager,  
Karen Nixon-Carroll:  
519-452-4430 x4805

# Fall Schedule – Sept 4-Dec 21

FRIDAY		
CLASS	TIME	ROOM/AREA
Body Blast	6:30AM-7:15AM	TRX Training Zone
Open Meditation	8:00AM-9:00AM	Mind Body Studio
6 Pack & Backpack	11:30AM-12:00PM	Main Studio
Athletic Step	12:05PM-12:50PM	Main Studio
Spin Express	1:05PM-1:50PM	Cycling Zone
Vinyasa Yoga	1:05PM-1:50PM	Mind Body Studio
Open Meditation	2:30PM-3:30PM	Mind Body Studio
Dance X	4:00PM-4:30PM	Main Studio
Glutes Guts Guns	4:45PM-5:30PM	Main Studio
Open Meditation	8:00PM-9:00PM	Mind Body Studio

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**6-Pack & Backpack:** Core training class like never before! This 30 minute functional training class will target your Abs, Back and Gluteus with full body movements and minimal equipment. Learn how to activate your core muscles for better posture, reduced risk of back injury, a gain a shapely backside to enhance your ability perform better in your workouts and everyday life.

**Athletic Step:** Challenge your agility, speed, coordination, balance and endurance with this action packed step class. The choreography focuses on athletic movement with basic traditional step exercises and core conditioning for fun and familiarity. Soar to your inner athlete!

**Body Blast:** Only 18 spots available! This circuit-style class is guaranteed to blast the calories away! We keep you guessing and challenge you differently in every class using a variety of equipment including TRX, kettlebells, weights, bands, bars and more. Blast off!

**Dance-X:** (pronounced Dance-ex) A cross-training workout incorporating several different dance styles with fun traditional aerobics and conditioning. No dance experience or coordination required. Just move to your own beat and enjoy fun music and friends!

**Glutes, Guts, Guns:** Increase lean muscle, decrease body fat, build strength, add definition, increase bone density and speed up your metabolism in this resistance based class. Use a variety of equipment to change the shape of your body. Welcome to the Glutes, Guts, Guns show!

**Guided Meditation:** Listen to soft music and smooth vocal tones of an instructor guiding you through your meditation practice. This is a great way to reduce stress, focus on your physical and mental health, and prepare for the day or week ahead. Perfect for those new to mediation or those who take comfort in guided reflection. We also offer self-directed **Open Meditation** time slots.

**INSANITY®:** This total body, HIIT conditioning program is based on the principals of max interval training, and will push you to new training heights. DIG DEEP to a faster metabolism!

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**Power Punch:** This workout integrates punches, kicks and boxing techniques using boxing gloves, punch and kick pads. Start with technique drills and end with an action packed circuit! Power POW!

**Ropes Gone Wild:** Battle Ropes, skip ropes, and resistance cords add a special dynamic element great for all exercisers. This heat-pounding, high-energy workout will condition muscles you didn't know existed. Prepare to sweat!

**Spin:** Train like an athlete, ride like a racer and find your inner competitor with this low impact / high intensity workout. Let the driving beat of the music take you on a ride guaranteed to make you sweat and inspired to come back for more! Check out **Spin Express** for a shortened version also check out **Spin and Foam Rolling** for some relief of muscle tension to end off your Spin workout.

**Yoga:** Stretch your body, mind, and spirit! Yoga will increase flexibility, strength and relaxation. Movements are smooth, flowing and physically exhilarating, helping you improve energy flow throughout your body. **Vinyasa Yoga:** For those of you looking for a warmer slightly more intense experience this class will provide a great workout for beginner and advanced Yogi's alike. **Restorative Yoga:** Hold poses longer and stretch deeper to promote deep relaxation and release, for all Yoga levels from beginner to advanced. Release negative energy and improve positive flow!