

Winter Schedule – Jan 7-Apr 26

MONDAY			
CLASS	INSTRUCTOR	TIME	ROOM/AREA
Body Blast	JOSH	6:30-7:15AM	TRX Training Zone
Open Meditation		8:00-9:00AM	Mind Body Studio
Spin Express	JOSH/AVI	12:05-12:35PM	Cycling Zone
Power Punch	MALAK	12:05-12:50PM	Main Studio
Pilates	MONIRE	12:05-12:50PM	Mind Body Studio
Glutes Guts Guns	JODI	1:05-1:50PM	Main Studio
Vinyasa Yoga	CHLOE	1:05-1:50PM	Mind Body Studio
Open Meditation		2:00-3:00 PM	Mind Body Studio
6 Pack & Backpack	AVI	4:30-5:00PM	Main Studio
Body Blast	ASHLEE	5:00-5:45PM	TRX Training Zone
Yoga	RHONDA	6:00-6:45PM	Mind Body Studio
Power Punch	NANCI	7:00-7:45PM	Mind Body Studio
Restorative Yoga	RHONDA	7:00-7:45PM	Mind Body Studio
Open Meditation		8:00-9:00PM	Mind Body Studio

TUESDAY			
CLASS	INSTRUCTOR	TIME	ROOM/AREA
Spin + 6 Pack & Backpack	JOSH	6:30-7:15AM	Cycling Zone
Open Meditation		8:00-9:00AM	Mind Body Studio
Glutes Guts Guns	ASHLEE	10:00-10:45AM	Main Studio
Ropes Gone Wild	LUKAS	12:05-12:50PM	Main Studio
Vinyasa Yoga	RHONDA	12:05-12:50PM	Mind Body Studio
Insanity	KAREN	1:05-1:50PM	Main Studio
Yoga	RHONDA	1:05-1:50 PM	Mind Body Studio
Open Meditation		2:00-3:00PM	Mind Body Studio
Spin Express	AVI	4:30-5:00PM	Cycling Zone
Pilates	LUCY	5:00-5:45PM	Mind Body Studio
6 Pack & Backpack	AVI	5:15-5:45PM	Main Studio
Athletic Step	NATALIE	6:00-6:45PM	Main Studio
Vinyasa Yoga	RHONDA	6:00-6:45PM	Mind Body Studio
Body Blast	TANYIA	7:00-7:45PM	TRX Training Zone
Dance X	CASSIE	8:00-8:45PM	Main Studio
Open Meditation		8:00-9:00PM	Mind Body Studio

WEDNESDAY			
CLASS	INSTRUCTOR	TIME	ROOM/AREA
Glutes Guts Guns	ASHLEE	6:30-7:15AM	Main Studio
Open Meditation		8:00-9:00AM	Mind Body Studio
6 Pack & Backpack	AVI	11:30-12:00PM	Main Studio
Spin	JODI	12:05-12:50PM	Cycling Zone
Vinyasa Yoga	DAN	12:05-12:50PM	Mind Body Studio
Body Blast	KAREN	1:05-1:50PM	TRX Training Zone
Restorative Yoga	RHONDA	1:05-1:50PM	Mind Body Studio

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WEDNESDAY CONTINUED			
CLASS	INSTRUCTOR	TIME	ROOM/AREA
Open Meditation		2:00-3:00PM	Mind Body Studio
6 Pack & Backpack	JOSH	4:30-5:00PM	Main Studio
Insanity	JOSH	5:00-5:45PM	Main Studio
Vinyasa Yoga	CHLOE	5:00-5:45PM	Mind Body Studio
Glutes Guts Guns	MALAK	6:00-6:45PM	Main Studio
Yoga	MELAINE	6:00-6:45PM	Mind Body Studio
Open Meditation		8:00-9:00PM	Mind Body Studio

THURSDAY			
CLASS	INSTRUCTOR	TIME	ROOM/AREA
Yoga	MELANIE	6:30-7:15AM	Mind Body Studio
Open Meditation		8:00-9:00AM	Mind Body Studio
Body Blast	MALAK	10:15-11:00AM	TRX Training Zone
Spin + 6 Pack & Backpack	JOSH	12:05-12:50PM	Cycling Zone
Yoga	RHONDA	12:05-12:50PM	Mind Body Studio
Ropes Gone Wild	AVI	1:05-1:50PM	Main Studio
Vinyasa Yoga	CHLOE	1:05-1:50PM	Mind Body Studio
Open Meditation		2:00-3:00PM	Mind Body Studio
Body Blast	KAREN	5:00-5:45PM	TRX Training Zone
Dance X	NANCI	5:30-6:15PM	Main Studio
Vinyasa Yoga	RHONDA	6:00-6:45PM	Mind Body Studio
Spin Express	KATHERINE	7:00-7:30PM	Cycling Zone
6 Pack & Backpack	KATHERINE	7:40-8:10PM	Main Studio
Open Meditation		8:00-9:00PM	Mind Body Studio

FRIDAY			
CLASS	INSTRUCTOR	TIME	ROOM/AREA
Insanity	KAREN	6:30-7:15AM	Main Studio
Open Meditation		8:00-9:00AM	Mind Body Studio
6 Pack & Backpack	KAREN	11:30-12:00PM	Main Studio
Athletic Step	KAREN	12:05-12:50PM	Main Studio
Vinyasa Yoga	DAN	1:05-1:50PM	Mind Body Studio
Open Meditation		2:00-3:00PM	Mind Body Studio
Dance X	CASSIE	4:00-4:45PM	Main Studio
Glutes Guts Guns	AVI	5:00-5:45PM	Main Studio
Open Meditation		8:00-9:00PM	Mind Body Studio

Hours:
6:00am—10:00pm,
Monday-Friday

8:00am—7:00pm
Saturday & Sunday

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.

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HIIT* & Muscle Conditioning (Glutes Guts Guns, Body Blast, Insanity, Ropes Gone Wild, Power Punch): These classes are guaranteed to get your heart pumping and the sweat dripping. Using a wide range of equipment (barbells, dumbbells, kettlebells, TRX and more) you will receive a full body workout that will leave you feeling great and wanting more. *High Intensity Interval Training

Glutes, Guts, Guns: This weight training focused workout also known as “Triple ‘G’” will help you increase lean muscle, decrease body fat, build strength, add definition and increase bone density. Using barbells and dumbbells you will receive a full body strength training workout that will leave you feeling those muscles the next day. HIIT may be added as an option for a guaranteed fat blasting workout. Lift, push and press your way through this challenging workout. Welcome to the Glutes, Guts, Guns show!

Body Blast: In this 18 station circuit class you are guaranteed to blast the calories away. This full body workout changes often to keep you guessing and challenge you differently in every class. A variety of equipment is used including free weights, resistance bands, TRX bands, medicine balls, steps, BOSU balls and more to improve your cardiovascular fitness and your muscle strength and endurance. Suited for all fitness levels as you set your own intensity. Countdown to Blast off starts now!

INSANITY®: This total body, HIIT conditioning program is based on the principals of max interval training and will push you to new training heights. The exercises will change but the format is always the same: Warm up, Block 1: Plyometrics & Speed, Block 2: Strength & Balance, Block 3: Agility & Coordination, Block 4: Core Conditioning or DIG DEEP Block, Cool Down & Stretch. Each Block is 8 minutes: 4 exercises, 30 seconds each for total of 2 minutes, followed by 30 seconds rest, 3 sets and a 1 minute Power move at the end of the 3rd set to really get that metabolism fired up. With high and low impact options this workout is great for ALL fitness levels. Join us today and DIG DEEP.

Ropes Gone Wild: In this circuit based class you will use Battle Ropes, resistance cords and weights to add a dynamic element to your training great for exercisers of all levels. This full body workout will help improve your strength, movement and ultimately your life. Join us for this heart-pounding, high energy workout that will help you condition muscles you didn't even know you had. Come prepared to battle and sweat it out.

Power Punch: This total body conditioning workout will get your blood pumping, your muscles working and leave your whole body feeling alive. You will use jabs, crosses, uppercuts, hooks and more in both a drill section as well as partner focus pad work to help develop speed, agility, balance and power. Whether you want to improve your boxing technique, get a good workout in, or just punch some stuff without getting in trouble for it, Power Punch is for you.

Cardio & Core Training (Spin, Step, 6 Pack, Dance X): Cardio classes will get your heart rate up and help you strengthen your cardiovascular system. Both Cardio & Core classes will help improve your posture, strengthen and stabilize the core muscles for a long, lean middle. Using mostly your body weight with some small pieces of equipment challenge your body in new ways with each class you come out to.

Spin: Sprint, climb and race your way through this challenging workout on your way to improving your cardiovascular system and getting your sweat on. This low impact class will take you through sprint intervals, hill climbs and flat rides that will leave you inspired and coming back for more. **Spin Express:** Check out this class for a shortened version of our regular Spin class lasting half an hour in length. **Spin + Foam Rolling:** This class combines the benefits of Spin with Foam rolling in one action packed workout. Foam rolling can increase

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blood flow, improve flexibility, reduce sore muscles and decrease injury risk. Improve your posture and help your body recover from the intense Spin workout through this combination class today.

Athletic Step: Challenge your agility, speed, coordination, balance and endurance with this action packed step class. This dynamic class focuses on a mix of athletic movements using fun combinations and choreography. The energy and intensity are well matched to the familiar songs and musical nuances. All intensity levels are provided to ensure that everyone gets the most out of their step workout. Core conditioning is included. Soar to your inner athlete!

6 Pack & Backpack: This 30 minute functional training class will target your abs, back and gluteus through the challenge of full body movements all while using minimal equipment. Using steps, plates, gliders and small weights you will activate your core (which includes everything from your chest to your knees) to activate your core muscles for improved posture, reduced risk of back injury and gain a shapely backside. Core strength enhances your ability to perform in everyday life and translates to improved balance and power.

Dance-X: This cross training workout incorporates several different dance styles with fun choreography and conditioning. Improve your cardiovascular fitness through dance moves featured from several different dance styles and have a great time while doing so. No dance experience or coordination required. Just move to your own beat and enjoy fun music and friends.

Yoga & Meditation (Yoga, Vinyasa Yoga, Restorative Yoga, Meditation): Stretch your body, mind and spirit with our variety of Yoga and Meditation classes. Take the time to focus on you and absorb yourself in your practice while pushing aside any worries and stresses of the day.

Yoga: Yoga will help increase flexibility, strength and posture while breathing will help release tension throughout the body and deepen your stretch and relaxation. Learn proper body alignment and improve your mental focus through smooth, flowing movements. Join us for any of your Yoga classes today to improve your energy flow and lift your spirits. Self-directed meditation times are available as well in our **Open Meditation** time slots.

Vinyasa Yoga: A slightly warmer and more intense experience Vinyasa Yoga links movement to the breath while you flow from one pose into the next. This practice will re-energize and re-focus your mind and your body today.

Restorative Yoga: A slower paced Yoga practice that includes poses and stretches held for longer periods of time to deeply relax the muscles and soothe the soul. Release your muscles and your mind through your Restorative practice today.

Pilates: Pilates challenges the whole body while placing and emphasis on the core muscles with each precise movement. Strengthen your back and abdominal muscles, improve balance, posture and coordination, increase flexibility and more with your Pilates practice today. Increase your awareness of breathing and spinal alignment today all while strengthening and sculpting all the muscles in your body.