

GROUP **ex**HI

At-Home Schedule 2020

MONDAY
CLASS
Muscle/GGG

TUESDAY
CLASS
HIIT

WEDNESDAY
CLASS
Power Punch

THURSDAY
CLASS
Yoga Fit

FRIDAY
CLASS
Circuit

Due to the outbreak of Covid-19, we have developed at-home classes for you to view via our [Facebook Page](#). We posted various workout videos from March 17-March 27th for you to view anytime. Check out the Unit called Workout Videos.

Starting Monday, March 30, 2020 and until we are operating in the Wellness Centre, we will post one workout video per day before 9am for you to follow any time that works for you. Please tell us what you think, how you did, share personal bests and sweaty selfies in the comments below the video. We want to interact with you the way we would in the classes at the Student Wellness Centre. We miss you!

See below for class descriptions.

Thank you,

Karen Nixon-Carroll, Program Manager

Avi Verma, Group Exercise Fitness & Wellness Coordinator

CLASS DESCRIPTION

HIIT* & Muscle Conditioning (GGG, Circuit, HIIT-IT, Power Punch): These classes are guaranteed to get your heart pumping and the sweat dripping. Using a wide range of equipment and things you can easily find in your house you will receive a full body workout that will leave you feeling great and wanting more.

GGG: 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. 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

CIRCUIT: Circuit Station class is guaranteed to get your heart pumping and blast those calories away. This full body workout changes often to keep you guessing and challenge you differently in every class. Suited for all fitness levels as you set your own intensity. Countdown to Blast off calories starts now!

HIIT-IT: This total body, HIIT conditioning program is based on the principals of max interval training and will push you to new training heights. With high and low impact options this workout is great for ALL fitness levels. Join us today and DIG DEEP.

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 drills 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.

YOGA FIT & 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 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.