

# GROUP FITNESS CLASSES

Train like a Champion.

## MONDAY

<b>5:30am</b>	Heather
Rise 'N' Grind	
<b>7:00am</b>	Londa
Aqua HIIT	
<b>8:00am</b>	Whitney
High Fitness	
<b>9:00am</b>	Cristina
Zumba Fitness	
<b>9:00am</b>	Diane
Fit, Fun Water Aerobics	
<b>10:00am</b>	Alissa
Barre	
<b>12:00pm</b>	Yvette
Pure Spin	
<b>12:00pm</b>	Alli
Piyo	
<b>12:30pm</b>	Rebekah
Eccentrics Stretch & Tone	
<b>5:00pm</b>	Rosa
Deck Tabata	
<b>5:30pm</b>	Tyler
Yoga 101	
<b>6:30pm</b>	Jaime
Yogalates	
<b>7:30pm</b>	Jaime
Vinyasa Yoga	

## TUESDAY

<b>5:30am</b>	Luke
Cycle 50	
<b>5:30am</b>	Chad
Get Fit Boot Camp	
<b>6:00am</b>	Leslie
Awake & Meditate	
<b>7:00am</b>	Leslie
Yoga Stretch	
<b>8:00am</b>	Rosa
Water Tai Chi	
<b>9:00am</b>	Ryan
Tabata Mash!	
<b>9:00am</b>	Diane
Fit, Fun Water Aerobics	
<b>9:00am</b>	Suzy
Yoga & Core	
<b>11:00am</b>	Jaime
Yogalates	
<b>12:00pm</b>	Ryan
Tabata Mash!	
<b>5:30pm</b>	Rosy
Zumba Fitness	
<b>6:30pm</b>	Rosy
Pilates	
<b>6:30pm</b>	Rosa
Spin & Stretch	

## WEDNESDAY

<b>5:30am</b>	Heather
Rise 'N' Grind	
<b>7:00am</b>	Londa
Aqua HIIT	
<b>9:00am</b>	Alissa
Yogalates	
<b>9:00am</b>	Diane
Fit, Fun Water Aerobics	
<b>10:30am</b>	Suzy
Yoga & Core	
<b>12:30pm</b>	Rebekah
Eccentrics Stretch & Tone	
<b>5:30pm</b>	Suzy
Yin Yoga	
<b>6:00pm</b>	Ryan
Metabolic Muscle	
<b>6:00pm</b>	Alli
Piyo	
<b>6:30pm</b>	Rosa
Power Yoga	

## THURSDAY

<b>5:30pm</b>	Luke
Cycle 50	
<b>5:30am</b>	Chad
Get Fit Boot Camp	
<b>6:00am</b>	Leslie
Awake & Meditate	
<b>7:00am</b>	Leslie
Yoga Stretch	
<b>9:00am</b>	Ryan
Tabata Mash!	
<b>9:00am</b>	Diane
Fit, Fun Water Aerobics	
<b>9:30am</b>	Whitney
High Fitness	
<b>10:30am</b>	Cristina
Zumba Fitness	
<b>12:00pm</b>	Ryan
Tabata Mash!	
<b>5:30pm</b>	Rosa
Tai Chi	
<b>6:30pm</b>	Rosa
Spin & Stretch	

## FRIDAY

<b>5:30am</b>	Heather
Rise 'N' Grind	
<b>7:00am</b>	Londa
Aqua HIIT	
<b>9:00am</b>	Diane
Fit, Fun Water Aerobics	
<b>10:00am</b>	Leslie
Vinyasa 1	
<b>6:00pm</b>	Ryan
Metabolic Muscle	

## SATURDAY

<b>8:30am</b>	Rosa
Muscle Pump	
<b>9:30am</b>	Suzy
Yin Yoga	
<b>11:00am</b>	Leslie
Powerful Vinyasa	

All classes are 50 minutes.



THE MARQ  
CHAMPIONS CLUB



# Class Descriptions

**Awake & Meditate:** Calm your mind, relax your body and awaken your spirit through breathing and stretching techniques.

**Aqua HIIT:** High intensity intervals of cardio and strength, with short periods of rest. This class will burn major calories and improve overall endurance.

**Barre:** Ballet-inspired moves incorporating cardio, dance, core, bands, exercise balls and light weights.

**Cycle 50:** High-intensity cycle class using the Spivi training software.

**Deck Tabata (Step):** This class starts with 5 minutes of warm-up stretching, 10 minutes of core strengthening, 30 minutes of tabata using the escape deck and 5 minutes of cooling down.

**Eccentrics Stretch & Tone:** This class uses a blend of physiotherapy, ballet and tai chi to simultaneously stretch and strengthen muscles and joints.

**Fit, Fun Water Aerobics:** Participants will work at their own pace and intensity during the warm-up, cardio and cool-down in both shallow and deep water.

**Get Fit Boot Camp:** This circuit boot camp gives you the results of a traditional 60-minute gym session in one 30-minute class.

**High Fitness:** A hardcore, fun fitness class that emphasizes interval training using music you love and easy-to-follow choreography.

**Metabolic Muscle:** This class offers a high-intensity workout that will increase your heart rate and burn fat through complex, full-body movements.

**Muscle Pump:** This class focuses on five major muscle groups using weights with cardio blasts in between.

**Pilates:** Method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

**Piyo:** A high-energy total body workout inspired by Pilates.

**Power Yoga:** A dynamic, flowing practice which cultivates strength, flexibility, balance, focus and endurance. It will tone and sculpt the entire body allowing for rapid results.

**Powerful Vinyasa:** Energetic form of yoga where students move fluidly from one pose to the next while connecting their breathing to their movements.

**Rise 'N' Grind:** Using a mix of strength training and short bursts of cardio, this small group training for all levels of fitness will get you burning calories to start your day strong.

**Spin & Stretch:** 30 minutes of cycling (seated sprints, seated climbs, standing sprints and jumps) followed by 20 minutes of basic yoga poses.

**Tabata Mash:** This tabata-style class is designed to build endurance and tone muscle. Tabata training alternates 20 seconds of work with 10 seconds of rest for high-intensity, low-impact workout.

**Tai Chi:** Moving meditation class that relieves stressed muscles while also strengthening them. The goal is to achieve balance in both mind and body.

**Vinyasa Yoga:** A moderate to slow-paced yoga class that uses mini movement sequences and longer stretches to promote health and healing.

**Water Tai Chi:** Moving meditation class in the water that relieves stressed muscles while also strengthening them. The goal is to achieve balance in both mind and body.

**Yin Yoga:** This gentle form of slow-paced yoga focuses on strength and flexibility of joints, ligaments and muscles.

**Yoga 101:** Basic, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body.

**Yoga & Core:** The practice of core power yoga aims to teach students to communicate with their bodies and access their spiritual core so they can achieve inner power.

**Yoga Stretch:** Students will move through a series of floor postures to stretch, open and release the entire body.

**Yogalates:** Blend of Pilates and vinyasa flow yoga incorporating core, strength and flexibility exercises.