

ALL CLASSES START
@ 715 PM

Yoga takes place in
“The Theatre”

Rest of classes take
Place in gymnasium

JANUARY 2023

FITNESS CLASSES

CLASSES
SUBJECT TO
CHANGE!



MONDAYS

CROSSFIT AMRAP
(AS MANY ROUNDS AS POSSIBLE)

Endurance training where you complete as many rounds as you can within a time period



TUESDAYS

CROSSFIT
CIRCUIT

Completing a full body workout at different stations that challenges your whole body



WEDNESDAY &
SATURDAY

SPIN

Ride a long to an array of music where you sculpt your legs and lose stubborn weight in the process



THURSDAYS

KB CORE
CAMP

We use kettlebells and dumbbells to challenge your abs and core to give them more definition



SUNDAYS

ZUMBA/HIP
HOP

Come sweat and learn some dance moves at the same time. Meet new people!



FRIDAYS

YOGA

Chantel will put you through a variety of yoga flows that will help you feel more relaxed after a long day!



MONDAYS
KETTLEBELL
STRENGTH

We use kettlebells and dumbbells to strengthen and further develop the muscle through a variety of different training systems



FRIDAYS

STRETCH/MOBILITY

Jonathan will put you through functional mobility and stretches so your able to perform confidently both in the gym and at work!