# TPASC Group Fitness Schedule

**September 19th – December 18th**

Modified classes on Monday, October 10th

<table>
<thead>
<tr>
<th>Aquafit</th>
<th>Day/Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td></td>
<td>8:10am – 9:00am</td>
<td>CYCLING With Steve (Studio 2)</td>
<td>8:00 – 8:50</td>
<td>CYCLING With Cindy (Track)</td>
<td>MINDFUL YOGA With Mary (Studio 2)</td>
<td>CYCLING With Bela (Studio 2)</td>
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<td></td>
<td>9:10am – 10:00am</td>
<td>AQUAFIT With Susan 9:30am – 10:20am</td>
<td>TOTAL BODY With Cindy (Studio 2)</td>
<td>AQUAFIT With Kirill 9:30am – 10:20am</td>
<td>TABATA With Cindy (Studio 2)</td>
<td>AQUAFIT With Bela (Studio 2) 8:30 – 9:20</td>
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<td>10:10am – 11:00am</td>
<td>HATHA YOGA With Christine (Studio 2)</td>
<td>HATHA YOGA With Sofia (Studio 2)</td>
<td>BETTER BONES With Tiffany (Studio 2) 10:30-11:20</td>
<td>PILATES With Sofia (Studio 2)</td>
<td>TOTAL CORE With Hristos (FC) 10:10-10:40</td>
<td>TOTAL BODY With Hasnain (Studio 2) 10:30 – 11:20</td>
<td>HATHA YOGA With Hasnain (Fitness Centre)</td>
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<td></td>
<td>11:10am – 12:00pm</td>
<td>SYNRGY With Hristos (Fitness Centre)</td>
<td>PILATES With Sofia (Studio 2) 11:30-12:20</td>
<td>ZUMBA With Tiffany (Studio 2) 11:30-12:20</td>
<td>HATHA YOGA With Sofia (Studio 2)</td>
<td>ACTIVE AGERS With Lena (FC) 12:10 – 1:00</td>
<td>POWER YOGA With Grace (Studio 2) 11:30 – 12:20</td>
<td>SYNRGY With Hasanain (Fitness Centre)</td>
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<td>12:10pm – 1:00pm</td>
<td>30-MINUTE CYCLING With Olivia (Studio 2) 12:10-12:40</td>
<td>SHALLOW AQUAFIT With Susan 11:30-12:20</td>
<td>GENTLE YOGA With Grace (Studio 2)</td>
<td>HATHA YOGA With Grace (Studio 2) 12:10 – 1:00</td>
<td>PILATES With Lena (Studio 2) 1:10 – 2:00</td>
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<td>6:10pm – 7:00pm</td>
<td>CYCLING With Cindy (Track)</td>
<td>HATHA YOGA With Mary (Studio 2)</td>
<td>CYCLING With Lynda (Track)</td>
<td>ZUMBA With Kristen (Studio 2)</td>
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<td>7:10pm – 8:00pm</td>
<td>TOTAL BODY With Lynda (Studio 2)</td>
<td>CYCLING With Bela (Track)</td>
<td>TAI CHI With Linda (Studio 1)</td>
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<td>8:10pm – 9:00pm</td>
<td>ZUMBA With Shantel (Studio 2)</td>
<td>HATHA YOGA With Kirthana (Studio 1)</td>
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**PRE-REGISTRATION IS REQUIRED TO ATTEND CLASSES**

Registration opens 48 hours before the class start time.

Register through the app or at [https://tpasc.efacility.com/Sessions](https://tpasc.efacility.com/Sessions)
### Aqua Power
provides a moderate-to-high intensity workout that includes a combination of exercises to increase strength and endurance for the entire body. A variety of equipment (provided) is used to create resistance in the water. This class takes place in deep water.

### Aqua Motion
is designed to improve flexibility, range of motion strength, muscle tone and cardiovascular endurance by using the resistance of the water. Exercises are performed to lively, motivating music and are effective and easy to follow. This class takes place in deep water.

### Better Bones
is a muscular conditioning class taught by a Bone Fit trained instructor. Stand taller and look lighter with core activation, improved posture and balance and become stronger for activities of daily living.

### Cycling
is a high energy, heart-pumping experience open to spinners of all levels. Classes will help members reach new fitness levels, jump-start a fitness program or serve as a great cross-training tool for existing fitness routines.

### *NEW* Mindful Yoga
can promote happiness through the practice of being present while using see, hear, and feel techniques. This class begins with simple yoga movements to relax before moving into meditation focused on being intensely aware of what you are sensing and feeling in the moment without interpretation or judgement.

### Pilates
is a form of body conditioning movement that strengthen and stretch muscles to promote complete conditioning. Emphasis is on concentration, smooth controlled movements, correct body alignment, and proper breathing.

### Synergy®
is a high intensity bootcamp-style class that will surely have you heart and muscles pumping! Using the Synergy 360® in the Fitness Centre, participants are taken through a cardio and strength-based circuit that works the entire body.

### Tabata
is a high intensity conditioning class using the exercise protocol of 20s of work and 10s of rest for 8 rounds. Using a variety of exercises to challenge the whole body, this class will boost your metabolism long after the workout is over.

### Tai Chi
is a Chinese martial art that is practiced for both its defense training and health benefits. The class includes simple, low impact movements that increases flexibility, balance, range of motion, vitality, relaxation, mental focus, strength and overall well-being.

### Hatha Flow
uses hot energy through dynamic movements to strengthen and warm the muscles and cold energy to bring balance and relaxation to the body. It is a slow flow that is manageable for most beginners.

### Vinyasa Flow
is a yoga practice focused on breath-synchronized movements. Each posture links breath with specific movements creating a flow. Prepare to move and sweat.

### Zumba®
fuses hypnotic Latin rhythms and easy-to-follow moves to create a high energy fitness program. The routines combines fast and slow rhythms and resistance training to tone while burning fat.