# TPASC Group Fitness Schedule

September 23 – December 22, 2023

Modified Classes Monday, October 9th

<table>
<thead>
<tr>
<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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</thead>
<tbody>
<tr>
<td>8:10am – 9:00am</td>
<td>CYCLING With Steve (Studio 2)</td>
<td>CYCLING With Cindy (Studio 2)</td>
<td>DEEP AQUAFIT With Kirill 9:30am – 10:20am</td>
<td>CYCLING With Cindy (Studio 2)</td>
<td>MINDFUL YOGA With Mary (Studio 1)</td>
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<tr>
<td>9:10am – 10:00am</td>
<td>DEEP AQUAFIT With Xavier 9:30am – 10:20am</td>
<td>TOTAL BODY With Cindy (Studio 2)</td>
<td>DEEP AQUAFIT With Cindy (Studio 2)</td>
<td>TABATA With Cindy (Studio 2)</td>
<td>DEEP AQUAFIT With Lena 9:30am – 10:20am</td>
<td>CYCLING With Bela (Studio 2)</td>
<td>HATHA YOGA With Christine (Studio 2)</td>
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<tr>
<td>10:10am – 11:00am</td>
<td>HATHA YOGA With Christine (Studio 2)</td>
<td>HATHA YOGA With Sofia (Studio 2)</td>
<td>PILATES With Sofia (Studio 2)</td>
<td>TOTAL BODY With Hasnain (Studio 2)</td>
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<tr>
<td>11:10am – 12:00pm</td>
<td>BETTER BONES With Lynda (Studio 2)</td>
<td>PILATES With Sofia (Studio 2)</td>
<td>HATHA YOGA With Sofia (Studio 2)</td>
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<td>BARRE-PILATES With Lena (Studio 2)</td>
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<tr>
<td>12:10pm – 1:00pm</td>
<td>SYNRGY With Hristos (FC)</td>
<td>SHALLOW AQUAFIT With Kirill 11:30am – 12:20pm</td>
<td>SYNRGY With Hristos (FC)</td>
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<td>ACTIVE AGERS With Lena (FC)</td>
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<tr>
<td>6:10pm – 7:00pm</td>
<td>CYCLING With Jamie (Studio 2)</td>
<td>CYCLING With Lynda (Track)</td>
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<tr>
<td>7:10pm – 8:00pm</td>
<td>CYCLING With Bela (Track)</td>
<td>TOTAL BODY With Lynda (Studio 2)</td>
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<tr>
<td>8:10pm – 9:00pm</td>
<td>HATHA YOGA With Julie (Studio 1)</td>
<td>HATHA YOGA With Suba (Studio 2)</td>
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### Notes
- **Cardio Class**: 
- **Aquatics**: 
- **Resistance**: 
- **“FC”** Fitness Centre
- **Yoga/Pilates**: 
- **Studios are located on level 3**

**PLEASE PRE-REGISTER FOR CLASSES TO SAVE YOUR SPOT**

Registration opens 48 hours before the class start time.

Register through the app or at [https://tpasc.ezfacility.com/Sessions](https://tpasc.ezfacility.com/Sessions)
**Class Descriptions**

**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 combine fast and slow rhythms and resistance training to tone while burning fat.