

Winter 2019 Group Fitness Schedule

Class descriptions are on the next page

Monday Jan 7 - Mar 25 (ex Feb 18 & *Mar 11)	Tuesday Jan 8 - Mar 26 (ex *Mar 12)	Wednesday Jan 9 - Mar 27 (ex *Mar 13)	Thursday Jan 10 - Mar 28 (ex *Mar 14)	Friday Jan 11 - Mar 29 (ex *Mar 15)	Saturday Jan 12 - Mar 30	Sunday Jan 13 - Mar 31
FITXpress 6:15 - 7:00 am (Ruth)		FITXpress 6:15 - 7:00 am (Ruth)		FITXpress 6:15 - 7:00 am (Mary)		
*TMC 8:30 - 9:25 am (Ruth)	*TMC 8:30 - 9:25 am (Carol)	*CSI 8:30 - 9:25 am (Ruth)	*TMC 8:30 - 9:25 am (Catherine)	*TMC 8:30 - 9:25 am (Andrea)	Variety 9:00 - 9:55 am (Rotation)	
*Half N Half 9:30 - 10:25 am (Mary)	*Movement is Medicine 9:30 - 10:25 am (Carol)	*Half N Half 9:30 - 10:25 am (Ruth)	*Zumba 9:30 - 10:25 am (Catherine)	*Half N Half 9:30 - 10:25 am (Andrea)		*Yoga Strength 10:00 - 10:55am (Ruth)
*Low, Strength & Stretch 10:30 - 11:25 am (Christine)	*Power Yoga 10:30 - 11:25 am (Gabrielle)	*Low, Strength & Stretch 11:00 - 11:55 am (Christine)	*Yoga Flow 2:15 - 3:10 pm (Mary)	*Movement is Medicine 10:30 - 11:25 am (Carol)		
CSI 6:00 - 6:55 pm (Gerry)		*Yoga Stretch 1:00 - 1:55 pm (Gina)		*Fit-4-Living 1:00 - 2:15 pm Jan 18 - Mar 8 FREE		
*Hatha Yoga 7:00 - 8:00 pm (Gitanjali)						

Only interested in one or two classes? You can sign up for certain *Health & Wellness classes individually Turn to page 38 for details.

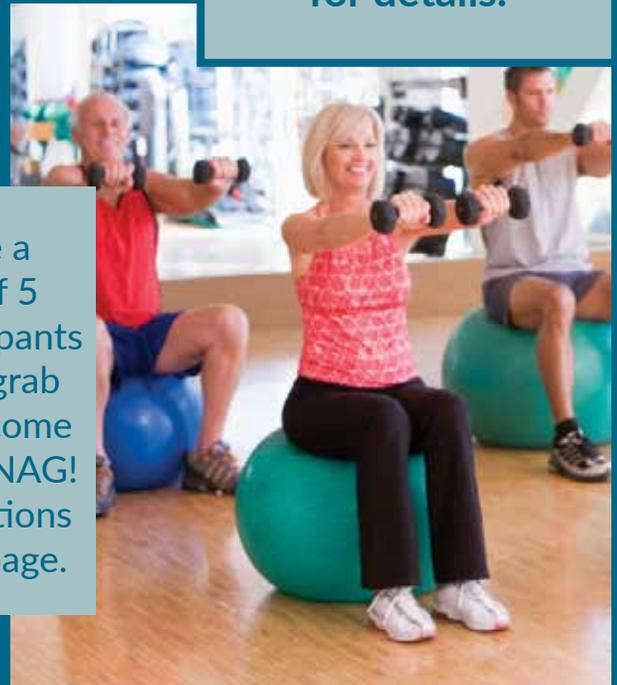
The price is right!

Winter 2019 Membership
Jan 7 - Mar 31 (ex Feb 18 & *Mar 11 - 15)
\$192+ HST (12 weeks)
10% Senior discount (65 years +)

10 tickets
(expires Jun 30, 2019)
\$132.75 + HST

Drop-in
\$15.31+HST
10% Senior discount (65 years +)

We require a minimum of 5 regular participants per class so grab a friend and come get fit with GNAG! Class descriptions on the next page.



For yoga classes, we recommend you bring your own mat

GNAG Winter 2019 Group Fitness

GNAG understands how important it is to find the right blend of core, strength and cardio exercises to provide you with the best results. We offer a wide range of specialty and regular group fitness classes geared to fit all levels with a focus to get you in shape, stay active and improve your health. Programs are led by a team of top quality, energetic and passionate instructors. Come try us out and feel the difference! See the back cover and schedule your fitness class today!

CSI	(Cardio Strength Interval) Alternate between cardio and strength moves to keep your mind and body guessing. Emphasis on proper form, with options for all participants. HIIT, Tabata and other forms of training may be included.
Fit-4-Living (FREE)	A 75-min health and wellness class for the older adult, combining exercise and education. Work on strength, balance and flexibility in the first half. Guest speakers join to discuss topics such as medication, heart health, nutrition, bone strength, etc.
FITXpress	A 45 minute class encompassing cardio, strength, and core stability ending with a full body stretch. Suitable for all levels as modifications are provided. Great way to energize your day!
Half N Half	Just like the name says - half cardio and half strength equals a full body workout! We'll mix it up to keep it interesting and fun, and provide modifications and options so everyone can participate.
*Hatha Yoga	A Hatha-based class designed for all levels and encompassing a variety of styles. Relieve stress and tension of the mind and body.
Low, Strength & Stretch	Designed with the active older adult in mind, this class is a combination of low-impact aerobic options, muscular strength and endurance conditioning and flexibility training. Great for improving overall strength, balance, immune system function and sleep.
*Movement is Medicine	This Pilates, Yin Yoga and stretch-based class will work on your muscles, ligaments, tendon and joints to enable ease of movement and increase range of motion from head to toes! We focus on developing core strength, endurance and flexibility while maintaining proper posture and spinal alignment. Class ends with a relaxation segment to wind down the nervous system, relax the mind, and get you ready for the rest of your day.
*Power Yoga	A vigorous, fitness-based approach to vinyasa-style yoga, emphasizing strength and flexibility. Don't be intimidated by the word "power," this class is ideal for all levels and abilities.
TMC	A challenging & dynamic whole body muscle conditioning class using body bars, hand weights, bands & balls. Be prepared to work all your muscles!
Variety	Mix it up! Classes include cardio, muscle conditioning and core strength. Each week features one of our energetic and skilled instructors. See GNAG.ca for schedule.
*Yoga Flow	Go with the Flow in this dynamic practice! Also known as Vynassa Yoga, Flow is a sequence of postures that is synchronized to your breath. We will be incorporating Sun Salutations as well as a variety of other movements/poses that will help improve focus, posture, flexibility, strength & balance.
*Yoga Strength	A Vinyasa-based class that may include the use of light weights or balls. Build all over body strength and cardiovascular endurance while exploring postures and discovering strength you didn't know you had.
*Yoga Stretch	During this class, participants will perform Yoga postures at a slow, controlled pace to release tension in the entire body and bring awareness to their breath. Leave the class feeling relaxed and rejuvenated.
Zumba	Zumba fuses Latin rhythms and easy-to-follow moves to create a dynamic fitness program that is a ton of fun. This exhilarating workout is an excellent way to burn calories and strengthen your core.