

Group Fitness & Wellness

Fall Season Membership

September 7 - December 23 (ex Oct 11)

Includes ONLINE and IN-PERSON classes

Please note, masks may be removed at the start of all in-person class *2V.

Fall 2021 - Spring 2022 Multipass	\$640+HST
Fall 2021 Season Multipass	\$245+HST
10 tickets (in-person classes only)	\$135+HST
In-person drop-in	\$16+HST
Fall 2021 Online only	\$90+HST
Yoga Multipass only 	\$200+HST



Monday Sept 13 - Dec 20 ex Oct 11	Tuesday Sept 7 - Dec 21	Wednesday Sept 8 - Dec 22	Thursday Sept 9 - Dec 23	Friday Sept 10 - Dec 17	Saturday Sept 11 - Dec 18
FitX In-person w/Ciana 6:15 - 7:00 am		FitX In-person w/ Ruth 6:15 - 7:00 am		FitX In-person w/Mary 6:15 - 7:00 am	
HIRT 30 Online w/Ruth 8:15 - 9:00 am	M & M Online w/Carol 	HIRT 30 Online w/Mary 8:15 - 9:00 am	Core & More Online w/Gina 	HIRT 30 Online w/Christine 8:15 - 9:00 am	TMC / CSC Online w/Ciana or Mary 9:15 - 10:00 am
CSC Online w/Ruth 	TMC Online w/Carol 	CSC Online w/Mary 	TMC Online w/Gina 	CSC Online w/Christine 9:15 - 10:00 am	Sunday Sept 12 - Dec 19
Hi-Lo GO! In-person w/Mary 	CSI In-person w/Gina 	CSI In-person w/Ruth 	Hi-Lo GO! In-person w/Christine 	Zumba In-person w/Frederico 9:30 - 10:15 am	Yoga Strength Online w/Ruth or Mary 9:15 - 10:00 am 
	Mindful Flexibility Online w/Gabrielle 10:00 - 11:00 am 	Vinyasa Yoga In-Person w/Ruth 10:30 - 11:25 am 			
Power Flow In-person w/Mary 10:30 - 11:25 am 	Hatha & ELDOA for Beginners In-person w/Gina 	Yoga Foundations Online w/Gabrielle Noon - 12:55 pm 	BodyMoves In-Person w/Christine 10:30 - 11:15 am	Slow Flow In-Person w/TBD 	
Hatha In-person w/Gitanjali 6:00 - 6:55 pm 		Yin Restorative Online w/Gabrielle 6:00 - 6:55 pm 			

Class descriptions

GNAGFiT

BodyMoves: Explore movement through a fusion of core, strength and stretch based exercise styles.

Core & More: This Pilates inspired class focuses on strengthening your total core (think abs, back, hips and glutes) and incorporates specific ELDOA* spinal postures to progressively create space between the vertebral joints. Note: Majority of class is on a mat

CSC (Cardio Strength Combo): Treat your fitness taste buds to a platter of choreography, intervals and everything in between.

CSI (Cardio Strength Interval): Alternate between high and low impact options of cardio and strength moves to increase strength and endurance. HIIT, Tabata and other forms of training may be included. Suitable for all levels; proper form emphasized.

FitX: A 45-minute HIIT (High Intensity Interval Training) 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!

Hi-Lo Go!: Aerobic style cardio workout with hi and low impact options for a full body workout.

HIRT: 30 mins of Hitting It (YOUR) Hard of High Intensity Resistance Training, followed by 15 mins of stretching so you're ready for whatever the day brings. Options provided for all levels of fitness, we pinky swear!

Movement is Medicine: Work on muscles, ligaments, tendons and joints to enable ease of movement and range of motion as well as proper posture and spinal alignment.

TMC (Total Muscle Conditioning): A dynamic whole body muscle conditioning class. Be prepared to work out and stretch out!

Zumba: An exhilarating workout that fuses Latin rhythms and easy-to-follow moves creating a dynamic class that's tonnes of fun!

BYOM Yoga



Lots of selection suitable for all levels! Due to health and safety, yoga equipment will not be available for use. Please bring your own mat (BYOM), yoga blocks and starps.

Hatha Yoga: Relieve tension by addressing spirit, mind and body with postural and breath-work. A practice for everyone.

Hatha Yoga & ELDOA Beginnings: For participants either new to Hatha Yoga and ELDOA* practices or looking to return, this class focuses on breathing technique, mindfulness, body awareness and alignment, and activating key muscles to foster your best movement.

*ELDOA are precise postural exercises that use myofascial stretching to widen the space between a chosen joint or articulation. A key goal is to improve joint mechanics.



Mindful Flexibility Yoga: Mindful moving meditation to experience increased flexibility, strength, emotional sensation, stress reduction and better body mechanics.

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.

Vinyasa Yoga: Practice mindfulness and build overall strength, flexibility and focus while linking breath to movement.

Slow Flow: find the space between poses while still retaining the gentle rhythm of a flow yoga class.

Yin Restorative Yoga: Includes long held poses designed to stretch the connective tissue to invoke relaxation and restoration.

Yoga Foundations: Starting or returning to yoga? Focus on the basics to strengthen your foundation through postures, breath work, meditation, chakras, mindfulness and philosophy.

Yoga Strength: A vinyasa style class to build overall strength and cardio vascular endurance while exploring flow and postures.