

Group Fitness Schedule

October 4th – December 19th

No Classes Monday, October 11th

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday											
8:10am – 9:00am		CYCLING With Cindy (Track)		CYCLING With Steve (Track)														
9:10am – 10:00am	DEEP AQUAFIT With Marianne 9:30am – 10:20am	TOTAL BODY With Cindy (Studio 2/3)	SYNRGY With Fareed (FC Level 1)	TABATA With Cindy (Studio 2/3)	DEEP AQUAFIT With Marianne 9:30am – 10:20am	CYCLING With Bela (Track)												
			DEEP AQUAFIT With Marianne 9:30am – 10:20am															
10:10am – 11:00am	ZUMBA With Andrea (Studio 2/3)	HATHA YOGA With Sofia (Studio 2/3)	BETTER BONES With Marianne 10:30-11:20 (Studio 2/3)	PILATES With Sofia (Studio 2/3)	CYCLING With Anne (Track)	TOTAL BODY With Hasnain (Studio 2/3)												
11:10am – 12:00pm	HATHA YOGA With Lori (Studio 2/3)				HATHA YOGA With Anne (Studio 2/3)													
12:10pm – 1:00pm		SHALLOW AQUAFIT With Susan *Begins Oct. 12		GENTLE YOGA With Grace B (Studio 2/3)		HATHA YOGA With Grace B (Studio 2/3)												
	ZUMBA With Katie (Studio 2/3)	HATHA YOGA With Mary (Studio 2/3)	CYCLING With Lynda (Track)	ZUMBA With Kristen (Studio 2/3)	<table border="1"> <tr> <td></td> <td>Cardio Class</td> <td></td> <td>Aquatics</td> </tr> <tr> <td></td> <td>Resistance</td> <td></td> <td>Online Only</td> </tr> <tr> <td></td> <td>Yoga/Pilates</td> <td></td> <td></td> </tr> </table>				Cardio Class		Aquatics		Resistance		Online Only		Yoga/Pilates	
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7:10pm – 8:00pm	TOTAL BODY With Lynda (Studio 2/3)	ZUMBA Grace H 7:40-8:30 (Studio 2/3)	TOTAL BODY With Lynda (Studio 2/3)	TAI CHI With Linda (Studio 1)														

PRE-REGISTRATION IS REQUIRED TO ATTEND IN-PERSON CLASSES

Registration opens 48 hours before the class start time.

Register through the app or at <https://tpasc.ezfacility.com/Sessions>

VIRTUAL CLASSES ARE STILL AVAILABLE

Access the video library through the app or at: <https://video.tpasc.ca/login>

Username/Password are the same as your TPASC Self Service credentials

Class Descriptions

Aquafit provides an alternative fitness workout in deep water with progressing exercises in the water to improve core muscle stability, muscle endurance and strength, aerobic endurance and flexibility.

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.

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.

Synrgy® is a high intensity bootcamp-style class that will surely have you heart and muscles pumping! Using the Synrgy 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.