



# Group Exercise Class Schedule

Schedule from February 1-29 2024

Monday

Tuesday

Wednesday

Thursday

Friday

Scan QR Code or  
select Member  
Portal link below to  
register for classes



**Member Portal**

**Strength & Core**  
with Ross  
**12:00 - 12:45pm**  
No Class Feb 19th

**HIIT**  
with Marjorie  
**12:05 - 12:50pm**

**Yoga**  
with Tracy M  
**12:05 - 12:50pm**

**Cycle & Strength**  
with Nicole  
**12:00 - 12:45pm**

No Classes

## PURCHASE OPTIONS

- \$50: Unlimited Class Pass
- \$40: 4 Drop-in Passes
- \$12: 1 Drop-in Pass

Prices don't include GST

- Space is limited
- Class registration opens 7 days in advance
- Please bring your own yoga mat to yoga class
- Schedule/instructors are subject to change

**LIV**unLtd



# Class Descriptions



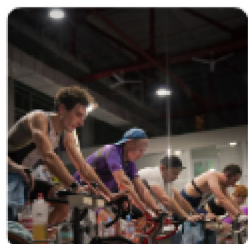
**Strength & Core:** A combination of weight work and core exercise. Strengthen the body's center while toning up the peripherals.



**HIIT (High Intensity Interval Training):** A choreographed strength training class that is suitable for all levels of experience. A rapid fat-blasting workout designed to condition and tone muscles using dumbbells, with focus on targeted muscle groups that deliver a total body shred.

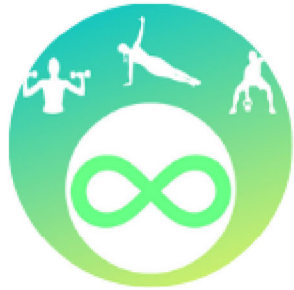


**Yoga:** Yoga is a practice that links postures in a way that promotes a flow of energy. A group of postures may be linked together building on top of each other to create a deeper, fuller experience. This practice is energizing and creative so that no 2 practices are alike although the same fundamental poses will be present. Beginner to advanced levels welcome. Participants must bring their own yoga mat.



**Cycle & Strength:** Saddle up on the bike and get ready to burn some calories in this steady intensity cardio workout. Motivating drills to the music will get your legs pumping. If you like the bike then this one's for you! All fitness levels welcome.

# Class Pass Options and Registration



## Unlimited Class Pass (\$50.00+gst)

The group exercise Unlimited Class Pass allows for an unlimited number of drop-in classes for the month that it is purchased, and the digital pass is added to the member's account. Valid for any class in the group exercise schedule. After the expiration date, the pass is no longer active. The next month's pass becomes available for purchase on the first business day of the month, for that month.



## 4 Class Pass (\$40.00+gst)

With this pass, members can attend 4 group exercise classes on the schedule. No expiry date. Valid for any class. After the 4 passes are used up the pass is no longer useable.



## Single Class Pass (\$12.00+gst)

With this pass, members can attend 1 group exercise class on the schedule. No expiry date. Valid for any class. After the pass is used up the pass is no longer useable.

### How to Purchase Passes and Register for Classes

1. Sign in to the member portal. Link is on the first page. Login with email address and password.
2. Select the **STORE** tab to find the pass options. Select a pass and follow prompts to purchase using a credit card. Once purchased, the pass will appear on member account.
3. After purchasing, go to the **BOOK NOW** tab to find the weekly class schedule. Select the class you would like to book a spot for and select book now. You are set! Please cancel if you can no longer attend class, as space is limited and others may be on the waitlist.





## GROUP EXERCISE PURCHASE OPTIONS

- \$50: Unlimited Class Pass
- \$40: 4 Drop-in Passes
- \$12: 1 Drop-in Pass

Prices don't include GST

# BOOTCAMP

## Thursdays

### 12-12:45 pm

Are you ready to work hard and have fun!

Join the Bootcamp class on Thursdays and get a full body workout that is always changing and keeping you engaged.

Bootcamp is part of the Group Exercise class schedule. Purchase and register for classes on the member portal.

Beginner to advanced levels welcome.





## Monday

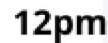
## Tuesday

Wednesday

Thursday

Friday

11am



- \$50: Unlimited Class Pass
- \$40: 4 Drop-in Passes
- \$12: 1 Drop-in Pass

- Space is limited
- Class registration opens 7 days in advance
- Please bring your own yoga mat to yoga class
- Schedule/instructors are subject to change

