

# Group Exercise Class Schedule

## Schedule for February 1-29, 2024

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



[Member Portal](#)

### PURCHASE OPTIONS

- \$50.00: Unlimited Class Pass
- \$40: 4 Drop-in Passes
- \$12: 1 Drop-in Pass

Prices don't include GST

Monday

**StrongerU**  
12:00 -12:45 pm  
with Tara  
**No class Feb 19**

Tuesday

**NEW!**

**Try-It Tuesday!**  
12:00 -12:45 pm  
New and  
Exciting Classes  
each Tuesday in  
February!  
Register and  
scan QR code  
for details!

Wednesday

**Yoga**  
12:00 -12:45 pm  
with Leah

Thursday

**StrongerU**  
12:00 -12:45 pm  
with Tara

Friday

No Classes

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

**LIV**unLtd



# Class Descriptions



**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.



**StrongerU:** This strength focused class is designed to work all your major muscle groups. The class uses a variety of equipment including dumbbells, kettlebells and body bars. You will improve your muscular power, strength and endurance. This class is sure to appeal from the novice to the advanced as you are guided on improving your own personal fitness. \*No burpees will be done in this class.

# 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 After the expiration date, the pass is no longer active.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 may be on the waitlist.