

JULY-AUGUST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**PILATES/
BARRE
WITH JULIA**

**12:15PM
-
1:00PM**



**CYCLE
WITH
CHRIS**

**12:15PM
-
12:45PM**



**H.I.I.T.
WITH
CARLEY**

**12:15PM
-
12:45PM**



**BARRE/YOGA
WITH
CEILIDH**

**12:15PM
-
1:00PM**



**CIRCUIT W/
CRISS/
CARLEY**

**12:15PM
-
12:45PM**



H.I.I.T. / STRENGTH

A full-body workout known as interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance.



CYCLE

Cycling classes provide high-energy workouts that improve endurance and strength through various drills—such as hills, sprints and pace to increase the intensity of the workout.



PILATES

A low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility while targeting the core.



YOGA

These classes focus on gentle movement sequences, breath work, meditation, and guided relaxation to support increased awareness and mindfulness of the breath and body, and quieting of the nervous system.



CIRCUIT

A high energy and fast-paced class which involves performing each exercise as many times as you can in a set amount of time.



BARRE

A low-impact workout that blends elements from different exercise styles including ballet, Pilates, and yoga.



Reserve your spot via MindBody.

For more information contact us at
carecentres.sfcinfo@telus.com