





















	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am			TABATA				
8:00am	3D FIT		GET FIT		GET FIT	 (8:05AM)	
8:30am						 (9:05am)	CARDIO CONDITION
9:15am	CARDIO CORE					 (10:05am)	
10:30am		YOGALITIS (10:45AM)	3D FIT	YOGA (HATHA)	CARDIO DANCE		YOGA (HATHA)
11:05am							
4:30pm							
5:30pm		CORE AND MORE					
6:30pm							
7:30pm		YIN YOGA					

To attend a Group Fitness Class, you must arrive before class start time

Group Fitness Class Procedures

- All GROUP BTS programs require participants to sign-in to reserve a spot in the class.
- For a complete GROUP class workout, we recommend that all participants be prepared to start the class on time.
- When you arrive and are waiting for your class to begin, be considerate of others finishing up their classes (i.e. stay off the floor, don't set up equipment, be respectful and quiet)
- If you must leave early, please leave the equipment you were using on the floor. Our instructors will pick up the equipment at the end of the class.
- For safety reasons, please DO NOT put away equipment while class is in progress. This includes not setting up your equipment while a previous class is still in session.
- Class preparation: ✓ wear appropriate work out gear, ✓ wear proper athletic footwear, ✓ towels are required.
- Our GROUP classes are active workouts and we recommend not chewing gum while you participate in the workouts.
- Our certified Instructors are available to provide you with support, so feel free to ask them questions after class.



2019 She's FIT! launch schedule

		
JULY 13, 2019 SATURDAY 9:05 AM	JULY 13, 2019 SATURDAY 8:05 AM	JULY 13, 2019 SATURDAY 10:05 AM

Each release will be taught for 14 consecutive days as noted above.



GROUP POWER® will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best!



GROUP BLAST® is 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy.



GROUP CENTERGY® will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

YOGA: An invigorating mind/body class, Yoga helps develop your flexibility and improve your strength. Stand taller, improve your breathing and soothe your body, mind and spirit.

CORE & MORE: Varying levels of strength exercises for the upper and lower body, with emphasis on activating and strengthening the core. Various forms of techniques will be incorporated.



ZUMBA: Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Experience calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

CARDIO DANCE: One hour dance inspired fitness workout that will have you sweat and smile while you get fitter and stronger. Burning calories was never more fun! Good for all levels of fitness.

STRETCH AND STRENGTH: Uses resistance bands, balls, and free weights to tone muscles, followed by a balanced stretch

TABATA: Form of high intensity interval training designed to get your heart rate up for short periods of time! A great class if you are looking to burn calories!

3D FIT: Get stronger, fitter and healthier with this simple and athletic workout, using step and free weights. Cardio, strength and core all in one hour. Get in shape and stay in shape! Good for all ages and level of fitness.

CARDIO CORE: This cardio and core fusion is a challenging, athletic and explosive one hour workout. Cardio, strength and functional core training will get your heart pumping and body sweating while burning tons of calories!

She's FIT!®

COQUITLAM

OPEN 7 DAYS A WEEK

Monday-Thursday	5:00am-10:00pm
Friday	5:00am-9:00pm
Saturday	8:00am-5:00pm
Sunday	8:00am-5:00pm

Holiday hours will be posted at club

ABBOTSFORD
604-855-9630

BURNABY / COQUITLAM
778-217-0545

BURNABY/NEW WESTMINSTER
778-397-0216

COQUITLAM
604-554-0216

DOWNTOWN VANCOUVER
604-558-1600

LANGLEY
604-532-9910

MAPLE RIDGE
604-380-2016

BURNABY/METROTOWN
604-438-1411

NORTH DELTA
604-590-0686

NORTH VANCOUVER
604-904-4451

SURREY CENTRAL CITY
604-498-1616

SURREY FLEETWOOD
604-583-6895

SURREY NEWTON
778-564-1601

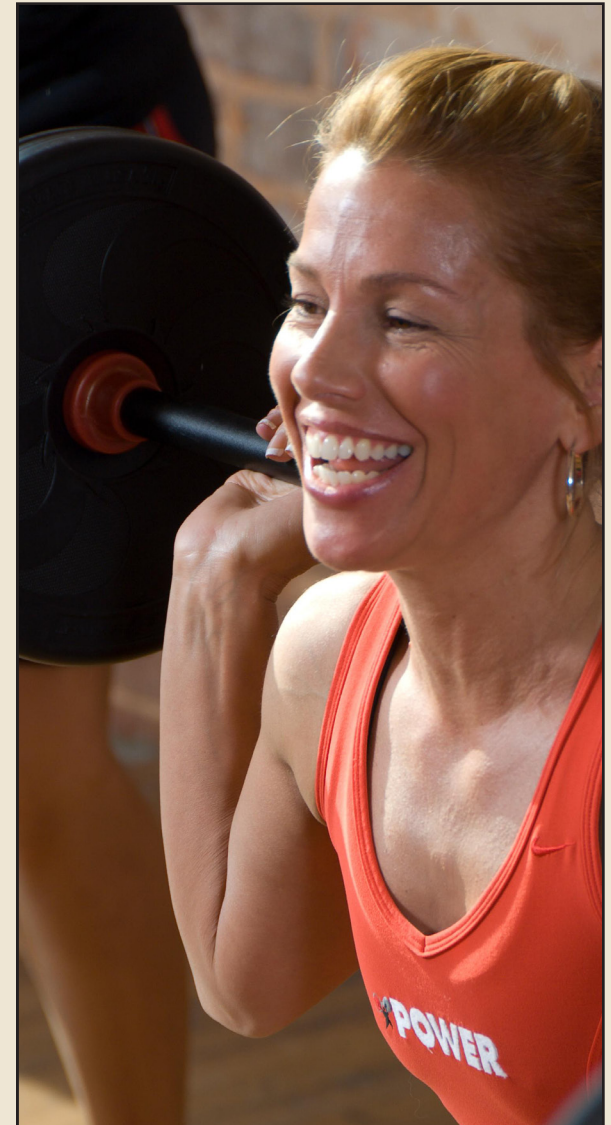
WHITE ROCK
604-535-5411

TSAWWASSEN (Now Open)
778-727-1116

www.shesfit.com

She's FIT!®

www.shesfit.com



2635 Barnet Highway, Coquitlam BC, V3E 1K9

604-554-0216


www.shesfit.com



Trevor Linden Fitness
trevorlindenfitness.com

GROUP TRAINING & INSTRUCTION

COQUITLAM - FALL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Speed Zone 8:00am		Speed Zone 8:00am		Speed Zone 8:00am		
Synergy 360 (SF) 9:00am	Speed Zone 9:00am	Stretch & Core 9:00am	Speed Zone 9:00am	Synrgy 360 (SF) 9:00am		
Hoist Roc-It 9:45am	Interval Training 9:45am	Hoist Roc-It 9:45am	Stretch & Core 9:45am	Hoist Roc-It 9:45am		
	Stretch & Core 10:30am	Stretch & Core (SF) 10:30am	Hoist Roc-It 10:30am	Interval Training 10:30am		
Speed Zone 4:30pm	Interval Training 4:30pm	Hoist Roc-It 4:30pm	Stretch & Core 4:30pm			
Stretch & Core 5:45pm	Hoist Roc-It 5:30pm	Interval Training 5:30pm	Hoist Roc-It 5:30pm			
Hoist Roc-It 6:30pm						

All sessions are done in a group setting; they are 30 - 45 minutes in duration. **Exercise Floor - Please meet your Instructor at the Reception Desk.**

CLUB HOURS:

Monday - Thursday 5:00am - 10:00pm
Friday 5:00am - 9:00pm
Saturday 8:00 am - 5:00pm
Sunday 8:00am - 5:00pm

604-554-0216

GROUP TRAINING PROGRAMS



Hoist Roc It

This fast paced class will introduce you to the benefits of the Hoist Roc It strength equipment as well as push your cardio capabilities and challenge you in active rest stations. This class is a great way for you to get the most out of your workout, no matter what your fitness level is.

She's FIT! Speed Zone Circuit

30
MINUTE
CIRCUIT

This class will challenge cardiovascular, muscular strength and endurance. Each 45 second station is taught using a variety of equipment that focuses on cardiovascular training, muscle conditions and abdominal work. Suitable for all fitness levels as you work at your own pace moving between strength/endurance exercises.

Stretch & Core

This class combines a workout with abdominal exercises and is designed to improve your core strength, enhance posture and develop better overall body control. Complete this workout with core stability focus.

Interval Training

A dynamic and fun class that incorporates various drills on cardiovascular equipment. It is an excellent physical workout for fat burning and cardio conditioning.

Cardio Intro

Learn the most effective and safe way to approach your cardio workout.



Synrgy 360

This is an innovative fitness system integrating cardiovascular and strength training for the most efficient and effective workout. In a 45 minute session, participants of any fitness level can take advantage of our instructor led class. Stations incorporated in the Synrgy 360 system include cables, TRX training systems, and battle ropes. Provided with technique and motivation, each user will get a great full body workout!



Cub16
Trevor Linden Fitness
trevorlindenfitness.com