

# **GROUP TRAINING & INSTRUCTION**NORTH VANCOUVER - WINTER

trevorlindenfitness.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Hoist Roc-It	Speed Zone	Synergy 360	Stretch & Core*	Stretch & Core	
8:00am	8:00am	8:00am	8:00am	8:00am	
Speed Zone	Stretch & Core*	Stretch & Core*	Speed Zone	Speed Zone	1
9:00am	9:00am	9:00am	9:00am	9:00am	
Stretch & Core	Hoist Roc-It	Speed Zone 10:00am	Hoist Roc-It	Hoist Roc-It 10:00am	
Synergy 360 11:00am	Synergy 360 11:00am	Hoist Roc-It	Hoist Roc-It	Synergy 360 11:00am	
Interval Training					
12:00pm	12:00pm	12:00pm	12:00pm	12:00pm	
Stretch & Core*	Hoist Roc-It	Stretch & Core*	Stretch & Core*	Stretch & Core*	N
5:00pm	5:00pm	5:00pm	5:00pm	5:00pm	
Hoist Roc-It	Stretch & Core*	Interval Training	Cardio Intro	Speed Zone	W.
5:30pm	5:30pm	5:30pm	5:30pm	5:30pm	
<b>Synergy 360</b> 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.

\*Stretch and Core (Women's Only)

**SUNDAY** 

**SATURDAY** 

### **CLUB HOURS:**

Monday - Thursday 5:00am - 10:00pm Friday 5:00am - 9:00pm Saturday & Sunday 7:00am - 7:00pm





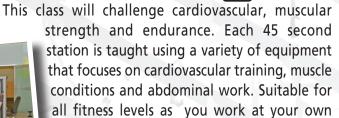
She's FIT! 30 Speed Zone

### **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.





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**

Designed for beginners, this low intensity class provides knowledge on the key elements of cardiovascular training. Improve your health and build self esteem with this fun and safe fitness class.

## 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!



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