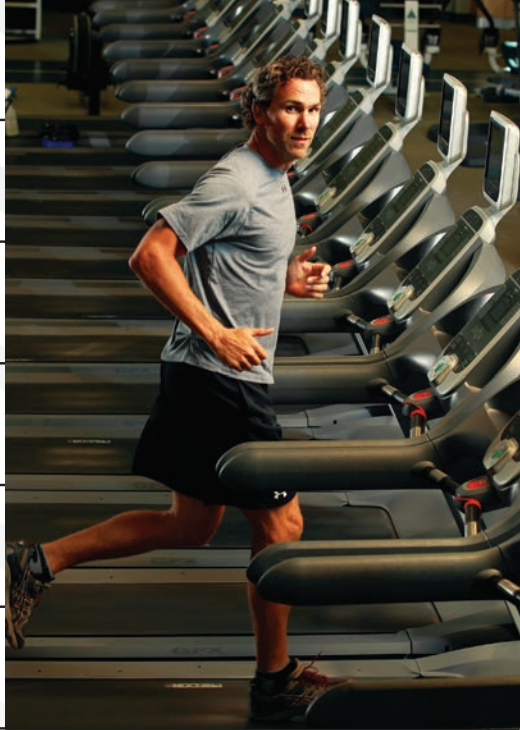




Trevor Linden Fitness
 trevorlindenfitness.com

GROUP TRAINING & INSTRUCTION

TSAWWASSEN - SUMMER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hoist Roc-It 8:30am	Interval Training 8:30am	Hoist Roc-It 8:30am	Cardio Intro 8:30am	Hoist 8:30am		
Stretch & Core 9:30am	Stretch & Core* 9:30am	Stretch & Core* 9:30am	Stretch & Core* 9:30am	Stretch & Core* 9:30am		
Interval 10:30am	Hoist Roc-It 10:30am	Interval Training 10:30am	Hoist Roc-It 10:30am	Interval 10:30am		
Hoist 5:30pm	Stretch & Core 5:30pm	Interval 5:30pm	Stretch & Core 5:30pm	Hoist Roc-It 5:30pm		
Interval 6:30pm	Hoist 6:30pm	Stretch & Core 6:30pm	Hoist 6:30pm	Stretch & Core* 6:30pm		
Stretch & Core 7:30pm	Interval 7:30pm	Hoist 7:30pm	Interval 7:30pm	Cardio Intro 7:30pm		

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 8:00am - 5:00pm
 Sunday 8:00am - 5:00pm

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.

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.

She's FIT! Speed Zone 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.

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.

Stretch & Core

This class combines a workout with abdominal exercises and is designed to improve your core



Club 16

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