

GROUP TRAINING & INSTRUCTION

LANGLEY - WINTER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Stretch & Core* 7:30am		Stretch & Core* 7:30am		Stretch & Core* 7:30am		
Hoist Roc-It 8:00am		Hoist Roc-It 8:00am		Hoist Roc-It 8:00am		
Interval Training 8:30am	Hoist Roc-It 8:30am	Interval Training 8:30am	Hoist Roc-It 8:30am	Interval Training 8:30am		
Speed Zone* 9:00am	Synergy 360* 9:30am	Hoist Roc-It 9:00am	Synergy 360* 9:00am	Speed Zone* 9:00am		
Stretch & Core 9:30am	Stretch & Core 9:30am	Stretch & Core 9:30am	Stretch & Core 9:30am	Stretch & Core 9:30am		
	Speed Zone* 10:00am		Speed Zone* 10:00am			
	Interval Training 5:00pm		Interval Training 5:00pm			
Hoist Roc-It 5:30pm	Hoist Roc-It 6:00pm	Hoist Roc-It 5:30pm	Hoist Roc-It 6:00pm	Hoist Roc-It 5:30pm		
Stretch & Core 6:00pm	Stretch & Core 6:30pm	Stretch & Core 6:00pm	Stretch & Core 6:30pm	Stretch & Core 6:00pm		
Interval Training 7:00pm						
					CLUB HOURS: Monday - Thursday 5:00am - 10:00pm Friday 5:00am - 9:00pm Saturday & Sunday 7:00 am - 7:00pm 778-726-4965 *Stretch and Core, Speed Zone and Synergy 360 (Women's Only)	

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.

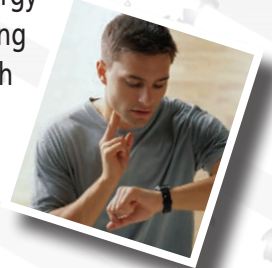


Cardio Intro

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!



Cub16
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