

GROUP FITNESS SCHEDULE

EFFECTIVE SEPT 2018

MORNING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM	9:30AM	9:30AM	9:30AM	9:30AM	8:30am	9:00AM
WEIGHTS AND ABS BRENDA		YOGA YVONNE	CIRCUIT TRAINING BRENDA	YOGA YVONNE	SPINNING SANDRA	YOGA YVONNE
<p>BOOK YOUR FREE PROGRAM ADJUSTMENT EVERY 3 MONTHS</p>					9:45AM	10:00AM
					MUSCLE SCULPT BRENDA	KETTLEBELL NATALIA
					9:45AM	

EVENING CLASSES

5:30PM	5:30PM	5:30PM	5:30PM	5:30PM
SPINNING SANDRA	KETTLEBELL ANNA	SPINNING TELLY	ZUMBA ADALILA	SPIN/SCULPT SANDRA
6:30PM	6:30PM	6:30PM	6:00PM	
MUSCLE SCULPT SANDRA	ZUMBA ADALILA	TABATA BRENDA	MUSCLE SCULPT SANDRA	
	6:30PM	7:30PM	7:30PM	
	PILATES COMBO YVONNE	BOXING BRENDA	KETTLEBELL ANNA	
7:30PM	7:30PM		7:30PM	
BOXING BRENDA	YOGA YVONNE		YOGA YVONNE	
	7:30PM			
	CIRCUIT TRAINING KEITH			

ZUMBA
ADALILA



*INSTRUCTORS ARE SUBJECT TO CHANGE

FOLLOW US ON SOCIAL MEDIA FOR ALL CLUB UPDATES!



Port Credit Athletics



portcreditathletics

CLUB HOURS

MONDAY - FRIDAY 5:00AM - 11:00PM
SATURDAY-SUNDAY 8:00AM - 7:00PM

CHILDCARE HOURS

MORNING 9:00AM-12:00PM MON-WED-THURS-SAT
EVENING 5:00PM- 8:30PM MON-THURS

In our efforts to continuously offer you the best class schedule we can, we have implemented tickets for all group exercise classes!

Please see reception for a ticket to the class you wish to attend and give it to your instructor at the beginning of each class.

BOOK YOUR FREE PROGRAM ADJUSTMENT EVERY 3 MONTHS

A personalized one on one session to create an action plan for success. This is a **FREE** service which includes a follow-up every 3 months

See front reception for more information or to book your appointment.

579B LAKESHORE ROAD EAST MISSISSAUGA ONTARIO L5G 1H9

905-271-9700

GROUP FITNESS CLASS DESCRIPTIONS

MUSCLE SCULPT: Is a strengthening and conditioning class that is an energetic, fun and dynamic workout it utilizes a variety of equipment such as body bars, weights and balls to achieve a total body workout.

SPINNING: A stationary cycling class that combines rhythmic control training with well known aerobic recovery drills while capitalizing on the intensity of athletic performance drills. This interval style workout provides the foundation to establish the appropriate workload & recovery periods related to heart rate training.

ZUMBA: Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective and easy to follow, Latin-inspired, calorie-burning dance fitness party that's moving millions of people towards joy and health.

TABATA: One of the hottest fitness trends today, this high intensity class will boost your metabolism. Blast body fat and have you burning more calories long after the workout is over. Incorporating short bursts of maximum intensity cardio with brief rest periods. This class is guaranteed to make you sweat!!
This class is best suited for intermediate to advanced exercisers

BOXING: Come and try the new boxing classes. They will boost your metabolism making you leaner, fitter & stronger. We will take you through a fun and challenging workout while you learn the skills of boxing using punching bags, hand pads and tons of group motivation. Working your core abs and conditioning, making this class a killer workout!

CIRCUIT TRAINING: Looking to drop some fat and get lean? This class is for you! A full-body workout that combines elements of functional strength training, core, balance & testing your ability in terms of strength and cardio. Using the following; Swiss balls, med balls, bosu trainer, kettle bells, TRX bands, resistance tubing and much more...

YOGA: This is a slow-paced stretching and toning class with some simple breathing exercises and seated meditation this is a good place to learn basic poses and relaxation.

CROSS TRAINING: A mix of aerobic, plyo, sports specific and weight training. The strength and conditioning portion of the workout is based on high intensity, functional movement. Improvements in overall body and core strength, mobility and athleticism.

KETTLEBELL: Offers a different kind of training using dynamic moves targeting almost every aspect of fitness- endurance, strength, balance, agility and cardio. Suitable for all ages and fitness levels
mobility and athleticism.

PILATES COMBO: A combination of a cardio workout and a series of movement that will stabilize and strengthen your core. These exercises take a lot of precision and control. You will get stronger, more sculpted muscles and gain flexibility and balance. This class is excellent for a whole body workout emphasizing on the core. The class is intense but modifications are always available. The class routine varies from week to week, weights may also be incorporated. you will see your body transform, becoming more toned, lean and strong.

RESET & RECOVER: Improve your recovery and decrease pain. This class aims to restore muscle function and posture through soft tissue release, body awareness, and movement.

MUAY THAI: Is a great workout focused on learning and developing Muay Thai fundamentals and techniques through partner drilling and padwork. Teeps, checks, clinches, kicks elbows, punches and knees are some techniques that will be put together and demonstrated.

ANY FEEDBACK OR QUESTIONS PLEASE EMAIL: info@portcreditathletics.ca