

GROUP FITNESS SCHEDULE

MORNING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:30AM		9:30AM		9:00AM	9:00AM
	YOGA ANNIE		YOGA ANNIE		BOXING COACH LEO	YOGA/PILATES YVONNE
					9:00AM	
					ZUMBA ADALILA	

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00PM	6:30PM		5:30PM		
	ZUMBA	FITTER, FASTER, STRONGER		BOXING		
	ADALILA	PAM		COACH LEO		

**WE DON'T WANT TO BE THE CLUB
WITH THE MOST MEMBERS
WE WANT TO BE THE CLUB
WITH THE MOST SUCCESSFUL MEMBERS**

CLUB HOURS

MONDAY - FRIDAY

6:00AM-10:00PM

SATURDAY

8:00AM-5:00PM

SUNDAY

9:00AM-5:00PM



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portcreditathletics



Port Credit Athletics

579B LAKESHORE ROAD EAST MISSISSAUGA ONTARIO L1G 1H9

905-271-9700

GROUP FITNESS CLASS DESCRIPTIONS

STUDIO CYCLING: 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.

(COMING SOON)

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.

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!

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.

PILATES : A combination of a cardio workout and a series of movement that will stabilize/strengthen your core. These exercises take a lot of percision 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.

**FITTER,
FASTER
STRONGER:** Come out and try this new class that incorporates a wide variety of training methods - plyometrics, intervals (HITT), circuitsm core, cardio (some tae bo) and bodyweight exercises. The stability ball, weights, Lebert buddy system, Bosu and steps are some of the pieces of equipment that will be used. The class is designed to increase your strength, power, agility and endurance. This class for beginners to advanced levels of fitness as you will be able to modify the exercises to your level.

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