

GROUP FITNESS SCHEDULE

MORNING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:30AM	9:00AM	9:30AM		9:30AM	9:00AM
	YOGA AINSLEY	MAT PILATES BRITTANY	YOGA JESSIE		ZUMBA ARI	YOGA YVONNE
10:30AM – 1:00PM	10:30AM – 1:00PM	10:30AM – 1:00PM	10:30AM – 1:00PM	10:30AM – 1:00PM	10:30AM – 1:00PM	10:30AM – 1:00PM
SHORE BOXING*	SHORE BOXING*	SHORE BOXING*	SHORE BOXING*	SHORE BOXING*	SHORE BOXING	SHORE BOXING*

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WE DON'T WANT TO BE THE CLUB WITH THE MOST MEMBERS. WE WANT TO BE THE CLUB WITH THE MOST SUCCESSFUL MEMBERS.
5:30PM	6:30PM	6:00PM	6:00PM		
MAT PILATES BRITTANY	YOGA JESSIE	BODY PUMP ARI	STEP CLASS ARI		
6:30PM					
ZUMBA ARI					
SHORE BOXING*5:30PM – 8:00PM	SHORE BOXING*5:30PM – 8:00PM	SHORE BOXING*5:30PM – 8:00PM	SHORE BOXING*5:30PM – 8:00PM	SHORE BOXING*5:30PM – 8:00PM	

No classes on long weekends

FOLLOW US ON SOCIAL MEDIA FOR ALL CLUB UPDATES



For boxing inquiries contact
Coach Leo (416-831-9965)

Kids Martial Arts also available for inquiries contact
Ryan (905-902-8653)

CLUB HOURS
MONDAY - FRIDAY 6:00AM-10:00PM
SATURDAY - SUNDAY 8:00AM-7:00PM

For Muay Thai/ Kickboxing inquiries contact
Fadi Andari (437-991-0589)



579B LAKESHORE ROAD EAST MISSISSAUGA ONTARIO L5G 1H9

905-271-9700

GROUP FITNESS CLASS DESCRIPTIONS

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.

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.

MAT PILATES (Bring Your Own Mat/Pilates socks recommended): This class offers a low-impact, full-body workout focused on building core strength, improving posture, and enhancing mobility. Using controlled movements and mindful breathing, you'll work through exercises that target the core, glutes, and back while increasing flexibility.

BODY PUMP: It is an excellent workout, accompanied by music, which makes the class dynamic and fun. Works legs, glutes, arms, chest, shoulders, back and your abdomen. Body pump helps improve muscle strength and endurance and tones the body.

STEP CLASS: A high-energy full-body workout that blends cardio, strength, and endurance using step routines and dumbbells. Burn calories, tone your legs, glutes, arms, and core, and boost coordination – all in one fun, fast-paced class. Perfect for anyone looking to sweat, sculpt, and level up their fitness.

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 fulfilling workout!