



FITNESS SCHEDULE ONLINE WWW.JOINWORLDGYM.COM ALWAYS UPDATED!

January 3, 2012 – May 2012. 780-538-1003 ext. 1

WORLD GYM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 am	 Lana	 ALI	FITNESS Lana	 Lana	FITNESS Lana		
9:15-10:15 am	 Jacqueline	TBC TOTAL BODY CONDITIONING Sherry	 Sherry	TBC TOTAL BODY CONDITIONING Sherry	ULTIMATE BURN Bonnie	9:00a.m. Ali	9:00a.m. Robin
10:30-11:30 am	INFARED YOGA VINYASA FLOW Linda	 Ali	 Sherry	INFARED YOGA VINYASA FLOW Linda	 Ali	10:15a.m. Bonnie	10:30a.m. Linda
12:05-12:55 pm	 Bonnie	 Sherry	INFARED YOGA VINYASA FLOW Linda	 Jacqueline	INFARED YOGA VINYASA FLOW Linda	 11:30p.m. Bonnie	
4:15-5:15 pm	 Sherry	 Robin	 Julie	 Jacqueline	BODY SHRED Jacqueline	12:00p.m. Jacqueline	
5:30-6:30 pm	 Jill	BODY SHRED Jacqueline	 Bonnie	BUTTS & GUTS Jacqueline	 Crystal	 Robin	 Steph P.
6:45-7:45 pm	INFARED YOGA VINYASA FLOW Linda	 Crystal	 Karen	INFARED YOGA VINYASA FLOW Linda	 Karen	 Crystal	7:00p.m. Spencer
8:00-9:00pm	8:15p.m. Jeannine	 Steph P.		 Jill		BEGINNERS WELCOME TO ALL CLASSES	

Class Descriptions on Reverse
Classes are subject to change without notice
Classes do not run on Holiday or long weekends



WORLD GYM



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CLASS DESCRIPTIONS

<p>GROUP STEP</p> <p>Discover new heights with GROUP STEP! Utilizing the step in many positions and heights, this compelling 60 minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with GROUP STEP!</p>	<p>INFARED HOT YOGA VINYASA FLOW</p> <p>Synchronize your breath with movement. The focus is on fluid movement from one posture to the next. Some poses are held for one breath and sometimes for one minute. Expect progression and smooth transitions; much like a dance. All this in a room heated with far infrared heat; a safe kind of healing warmth that heats you internally. All levels welcome.</p>	<p>TBC (TOTAL BODY CONDITIONING)</p> <p>You can expect the works in this multi-level class! Challenge your cardiovascular system with training on the floor or step, followed by resistance training for the entire body. A final stretch will end the class. The result is...TOTAL BODY CONDITIONING.</p>
<p>GROUP KICK</p> <p>This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking & smiling!</p>		<p>BODY SHRED</p> <p>THIS FULL BODY WORKOUT IS 60 MINUTES OF RESISTANCE AND CARDIO. EVERY CLASS IS ANOTHER ADVENTURE WHERE WE SWEAT AND SHRED OUR BODIES! BODY SHRED ATTAINS TO ALL FITNESS LEVELS!</p>
<p>GROUP POWER</p> <p>GROUP POWER is your hour of power! This 60min barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses, and curls, GROUP POWER is for all ages and fitness levels. Discover results, discover GROUP POWER!</p>	<p>BUTTS & GUTS</p> <p>A 60 MINUTE LOWER BODY WORKOUT THAT WILL DEFINE YOUR GREATEST ASSETS!</p>	<p>ULTIMATE BURN</p> <p>No cardio- just straight weight training and body weight exercises!</p>
<p>GROUP RIDE</p> <p>Everyone finishes first in GROUP RIDE! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you RIDE ON!!!</p>	<p>FITNESS</p> <p>A full body circuit style butt kick that will incorporate weights, cardio and core to get you into shape! Come to class and leave with results. All fitness levels welcome!</p>	<p>ZUMBA</p> <p>The Zumba program is a fitness – party with a contagious blend of Latin and International rhythms that provides a fun and effective workout to a global community.</p>