

FLC GROUP FITNESS

FALL 2021



MONDAY

GENTLE YOGA
9:30-10:15A - MPS1

RIP
5:30-6:30P- MPS2

ZUMBA
6:45-7:45P - MPS2

THE SWEATFEST
7:00-8:00P - TTA

TUESDAY

PILATES PLUS
9:30-10:15A - FH

HIIT THE FLOOR
10:30-11:15A - FH

CARDIO KICK
5:30-6:30P- MPS2

ATHLETIC TRAINING
6:00-6:50P TTA

POWER SERIES
6:45-7:45P- MPS2

ATHLETIC TRAINING
7:00-7:50P TTA

WEDNESDAY

**SELF-DIRECTED
TRX EXPRESS**
8:45-9:20A - TTA

ZUMBA45
9:30-10:15A - FH

STRENGTH DAY
10:30-11:15A - FH

RIP
5:30-6:30P- MPS2

VIGOROUS VINYASA
5:30 - 6:15 - MPS1

ZUMBA
6:45-7:45P - MPS2

THE SWEATFEST
7:00-8:00P - TTA

THURSDAY

FIT FEST
9:30-10:15A - FH

EXPRESS YOGA
10:30-11:15A - FH

C.A.R.D.I.O
5:30-6:30P- MPS2

ATHLETIC TRAINING
6:00 - 6:50 - TTA

ZUMBA45
6:45-7:30P - MPS1

FOCUS
6:45-7:45P - MPS2

ATHLETIC TRAINING
7:00-7:50P TTA

FRIDAY

**SELF-DIRECTED
TRX EXPRESS**
8:45-9:20A - TTA

WALK TO HEALTH
9:30-10:15A - TTA

VIGOROUS VINYASA
9:30-10:15A - MPS1

ATHLETIC TRAINING
12:00-1:00P - TTA

SATURDAY

TOTAL STRENGTH
9:30-10:30A - TTA

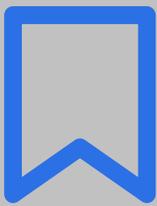
TTA - FITNESS FLOOR TEAM TRAINING AREA

FH - FIELDHOUSE

MPS - MULTI-PURPOSE STUDIO



- REGISTRATION REQUIRED FOR ALL GROUP FITNESS CLASSES, REGISTER AT [MEDICINEHAT.CA/FLC](https://www.medicinehat.ca/flc)
- SCHEDULE SUBJECT TO CHANGE
- CONTACT FITNESS@MEDICINEHAT.CA FOR GROUP FITNESS INQUIRIES



CLASS DESCRIPTIONS

All fitness levels welcome - to find out more about intensity & modifications available
email fitness@medicinehat.ca or speak with the class instructor

Athletic Training - A well-balanced strength routine focused on taking your game to the next level. The strength circuit will include a blend of exercises targeting the entire body while also integrating aspects such as power, core and cardio.

C.A.R.D.I.O - Take your training to the next level with this cardio-focused class! A fun way to increase cardiovascular endurance and enhance fitness performance using different training styles. With a new workout each week and a high-energy atmosphere get ready for amazing results!

Cardio Kick - This class will have you feeling like Rocky! A high energy mix of kickboxing combinations and bodyweight/toning exercises for a high calorie fun workout.

Express Yoga - Improve strength, endurance, and flexibility in this upbeat and energizing yoga class.

Fit Fest - A mixed medium intensity cardio class- Zumba, step, intervals, and strength training lots of variety for a total body workout guaranteed to get your heart rate up and smiles on!

FOCUS - Focus on improving your form, technique, and mobility to reach your fitness goals with this 60-minute class. You will practice a variety of everyday movements and then we incorporate them into a fun workout! As a bonus, you will receive nutrition information and tips from our Certified Holistic Nutritionist and a weekly challenge to focus on all aspects of your health and wellness.

Gentle Yoga - Learn basic yoga postures in a comfortable environment. Ease into your range of motion while improving strength, stability, & posture.

HIIT The Floor - a combination cardio class with fun and simple line dance routines and a variety of simple, energizing drills to get your heart rate up and improve your cardiovascular fitness.

Pilates Plus - This class applies the core principles of Pilates to both mat work and traditional strength training exercises for an alignment based total body workout.

Power Series

- Power Bands - Enjoy a full body resistance band interval workout that focuses on toning with short bursts of cardio
- Power Core - Core training class designed to slow down the pace and focus on strengthening those core and back muscles to reduce pain and increase mobility.
- Power Tone - Combines Low Intensity Interval Training, Tabata, Circuits, HIIT, cardio and strength training principles Every movement can be adjusted for your unique fitness level.
- Power Surge - A simple, fun class that combines the body sculpting benefits of barbells and dumbbells with bursts of cardio.

RIP - RIP is a dumb bell and body weight workout that incorporates functional orthopedic strength training.

Strength Day - Use tempo change and focused lifting to challenge targeted muscle groups. Get ready to feel stronger!

The Sweatfest - This HIIT class combines bikes, barbells, body weight & more rolled into a high tempo class focused on shredding calories, moving well, & getting stronger.

Total Strength - This total body workout aims to improve strength and how we move day to day. Suitable for all fitness levels

TRX Express - We'll keep you moving with short burst of cardio workout, while also building strength and core stabilization

Vigorous Vinyasa - Join us for this invigorating vinyasa practice linking breath with movement. Sun salutation A and B form the the base of this practice with new postures introduced to add variety and interest. We'll build strength, flexibility and core stability as well as working our hearts and minds.

Walk to Health - This 45-minute class capitalizes on the many health benefits of walking with a focus on body and posture awareness, as well as appropriate strength and stretching moves to invigorate the body.

ZUMBA - Party yourself into shape with this calorie burning Latin dance fitness party!

ZUMBA 45 - A Latin dance-based cardiovascular work out that will bring in all the feels! The aim is to bring your heart rate up into the calorie burning zone, recover it, and do it over again. We will do this several times because this is a great way to feel your best post-workout. You won't even notice the work, because you will be having too much fun