

SPRING 2023 GROUP FITNESS

MAY 1 - JUNE 30TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		TOTAL MUSCLE* 7:30-8:20A - TTA	STEADY STATE SPIN 6:00-7:00A-MPS1		
TOTAL MUSCLE 8:30-9:20A - TTA		TOTAL MUSCLE 8:30-9:20A - TTA			HAMMERFEST 8:45-9:45A - MPS1
TOTAL MUSCLE* 9:30-10:20A - TTA	PILATES PLUS 9:30-10:15A - FH	WALK TO HEALTH 9:30-10:15A - TTA	FIT FEST 9:30-10:15A - FH	WALK TO HEALTH 9:30-10:15A - TTA	
GENTLE YOGA 9:30-10:15A - MPS1		ZUMBA 45 9:30-10:15A - MPS2		VIGOROUS VINYASA 10:30-11:15a- MPS1	TOTAL STRENGTH 10:00-10:50A - TTA
	HIIT THE FLOOR 10:30-11:15A - FH	FLEXIBILITY FLOW 10:30-11:20A - MPS2	EXPRESS YOGA 10:30-11:15A - FH		TOTAL STRENGTH* 11:00-11:50A - TTA
VIGOROUS VINYASA 5:15-6:15p - MPS1					
RIP 5:30-6:30p - MPS2		RIP 5:30-6:30p - MPS2	LOW IMPACT CARDIO 5:30-6:30P- MPS2		
	ATHLETIC TRAINING 6:30-7:30P TTA	MOVE BETTER 6:15-6:55P MPS1	ATHLETIC TRAINING 6:30-7:30P TTA		
ZUMBA 6:45-7:45p - MPS2	GET FIT CIRCUIT TRAINING 6:45-7:45P- MPS2	ZUMBA 6:45-7:45p - MPS2	BUTTS & GUTS 6:45-7:45P - MPS2		
THE SWEATFEST 7:00-8:00p - TTA		THE SWEATFEST 7:00-8:00p - TTA			



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 & cardio.

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, & strength training lots of variety for a total body workout guaranteed to get your heart rate up & smiles on!

Flexibility Flow: A yoga-based workout that flows to invigorating music. This class will focus on controlled breathing to emphasize the exercises and poses. You can look forward to enhanced flexibility, mobility, and posture.

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

Get Fit Circuit Training: This fun, total body interval-style total body circuit class is a perfect addition to your workout routine to help you tighten and tone up.

Hammerfest (Group Cycle) – This is an advanced cycle class using intervals and a variety of drills to push participants toward their lactate threshold, improving VO2max, and incinerating body fat.

Low-Impact Cardio- This fun low- impact high intensity class focuses on cardiovascular training. Increase your heart rate without high impact movements or stress on joints while burning 500 to 600 calories per class.

Move Better - This mobility class aims to prepare your body for the stress of training and movement through daily life. You will practice exercises that will increase your range of motion, stability, and allow you to have more precise control of your muscles through a variety of movements. This class is ideal for anyone who wants to move better and feel better!

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

RIP - strengthen your entire body & target all major muscle groups using the best weight room exercises like squats, lunges, presses and curls.

Steady State Spin - Early morning spin class is a great way to start the day. This version is all about maintaining a high cadence in the aerobic zone.

The Sweatfest - This HIIT class combines strength, stamina & suppleness rolled into a high tempo class focused on shredding calories, moving well, & getting stronger.

Total Muscle: Improve muscle quality, function, and strength! Get the most out of your training.

Total Strength - This total body workout aims to improve strength & how we move day to day.

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 & interest. We'll build strength, flexibility & core stability as well as working our hearts & minds.

Walk to Health - capitalize on the many health benefits of walking with a focus on body & posture awareness, as well as appropriate strength & stretching moves to invigorate the body.

ZUMBA®(45): A Latin dance based cardiovascular workout designed to elevate the heart rate into your calorie burning zone. Enjoy world rhythms and a truly fun and energizing 45 minutes!

ZUMBA - Party yourself into shape with this calorie burning Latin dance fitness party! It's exercise in disguise!

Register at www.medicinehat.ca/bigmarblegocentre, registration required for all group fitness participation.

Schedule subject to change.