

WINTER 2023 GROUP FITNESS

JANUARY 9TH - APRIL 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 9:30-10:15a- MPS1	TOTAL STRENGTH 10:00-10:50A - TTA
	HIIT THE FLOOR 10:30-11:15A - FH	FLEXIBILITY FLOW 10:30-11:15A - 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	CARDIO KICK 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			



TTA = Fitness Floor Team Training Area

FH = Fieldhouse

MPS = Multi-Purpose Studio

2023-01-05

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.

Cardio Kick - This class will have you feeling like Rocky! This interval-based class uses a fun mix of kickboxing combinations & bodyweight exercises for a calorie torching workout!

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!

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.

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.