



Group Fitness Schedule Effective as of May 1, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am Studio		SPINCYCLE <i>Kristine</i>		SPINCYCLE <i>Nicole S</i>		
6:30 am	BOOTCAMP <i>Sue/Josie</i>		BOOTCAMP <i>Sue/Josie</i>		BOOTCAMP <i>Sue/Josie</i>	SPINCYCLE 8am <i>Kristine</i>
9:15 am Studio	PUMP IT UP PRINCESS	NO SWEAT <i>Josie</i>	20/20/20 <i>MaryAnn</i>	NO SWEAT <i>Josie</i>		
9:30 am Circuit area	BOOTCAMP <i>Josie</i>	BOOTCAMP <i>JoAnn</i>	BOOTCAMP <i>Josie</i>	BOOTCAMP <i>JoAnn</i>	BOOTCAMP <i>Josie</i>	BOOTCAMP <i>Josie/JoAnn</i>
10:30 am		FLOW YOGA		FLOW YOGA		BOOTCAMP <i>Josie/JoAnn</i>
5:30 pm	NO SWEAT <i>Josie</i>		NO SWEAT <i>Josie</i>			
6:30 pm Studio	SPINCORE <i>Kristine</i>		FLOW YOGA <i>Jo-Ann</i>		*KARATE 6:30-8:00	
6:30 pm Circuit area	BOOTCAMP <i>Josie/Rob</i>	BOOTCAMP <i>Jo & B</i>	BOOTCAMP <i>Josie/Rob</i>	BOOTCAMP <i>Jo & B</i>	BOOTCAMP <i>Jo & Rob</i>	
7:30 pm Studio			*KARATE			

DESCRIPTIONS OF CLASSES INCLUDED IN MEMBERSHIP FEE (SHADED)

NO SWEAT – A new progressive class format designed to make you SWEAT unlike the name implies. This is a trademark class and an industry favorite...Recommended to take both classes weekly as they are designed in five week cycles.

PUMP IT UP PRINCESS– Leave your crown at home cuz you won't be standing still for long. Steppin' to the beat, movin' to the music. Forget perspire-you will sweat.

SPINCYCLE – indoor cycling experience designed to challenge your stamina levels. Guaranteed to make you sweat!

20/20/20 – An hour class sectioned into three parts incorporating a cardio component, resistance exercises, topped off with core work and stretches. A great all around class.

FLOW YOGA – Beginner to intermediate level class designed with a fitness emphasis to enhance flexibility. An over-looked component of total health and fitness.

BOOTCAMP – The ultimate workout combining strength and cardiovascular conditioning drills. Enjoy the variety of classes with the use of gym tools such as bikes, skipping ropes, balls, etc. These high intensity classes are designed to kick start your fitness routines and get the most out of your workout. Suitable for all levels; please notify the trainer if you are a first timer.

KARATE – Expect the best instruction from Dr. Kikokawa. Adults \$70/mo. Teens \$50/mo. Kids \$40/mo.

Classes are subject to change or be cancelled at any time, either due to lack of attendance or instructor absence (emergency). There are no refunds for program registration. Due to the number of participants we are unable to accommodate make up classes for missed sessions. Check for bootcamp session start dates.

There are no classes on statutory holidays.

Visit us on the web at www.totalfitnesslangley.com or call us directly at 604-888-4774

STUDIO RENTAL

\$25/HOUR

Wood sprung floor, mirrors, sound system, ballet bar, private.

Please contact Leah Ruppel for information and times available.