

Group Exercise

Winter Schedule



Gold's Gym UBC

"Change Your Body, Change Your Life"

EFFECTIVE: JANUARY 9, 2012



(604) 244-4699 www.goldsgymbc.ca

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
7:00am			Spinning with Janet			9:00am	Group Ride® Shannon/Roman	
8:00am	Spinning with Janet	Group Step® Dominique		Group Step® Dominique	Spinning with Lara	9:00am	Zumba™ Anny	Group Step® Marsha
9:00am		Group Power® Dominique		Group Power® Dominique	Deep to the Core with Lara			
10:30am			Restorative Yoga with Graham			10:00am	Group Power® Isabelle	10:00-11:30 Warrior Sunday Yoga with Graham
						10:15am		10:15 am Group Ride® Marsha
						11:00am	Group Step® Isabelle	11:30 am Group Power® Dominique
						12:15pm	Group Kick® Sanaz	
4:25pm	Group Power® Kristen			Group Power® Maddi		<p style="text-align: center;">Safety Guidelines</p> <p>Please arrive to ALL classes 5-10 minutes early if you are a new participant. Inform your instructor that you are new and ensure that a Par - Q form has been completed.</p> <p>Please let your instructor know if you:</p> <ul style="list-style-type: none"> • are a beginner or new attending classes • have back, knee, shoulder or other joint problems • are asthmatic, diabetic or pre/post natal • are taking medication that may affect you during exercise <p style="text-align: center;"><i>Schedule is subject to change. Classes may be cancelled without advanced notice due to poor attendance.</i></p>		
5:30pm	Group Ride® Maddi	Group Step® Kim	Zumba™ Anny	Zumba Toning™ Anny	Group Ride® Maddi			
	Group Kick® Isabelle							
6:35pm	Group Power® Isabelle	Group Ride® Kim	Group Step® Dominique	Group Power® Kristen	Group Centurgy® Annabel			
		Yoga with Annabel	Spinning with Lara					
7:40pm	Group Centurgy® Annabel	Group Power® Grace	Group Power® Irina	Hatha Yoga with Graham				
				Group Ride® Kristen				



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CLASS DESCRIPTIONS:

	<p>Redefine your Self with Group Centergy® Grow longer, stronger and improve your stamina as you explore this 60-minute journey using Yoga and Pilates fundamentals along with dynamic whole body movements. Uplifting music, group dynamics and supportive instructors will enable you to Center Your Energy.</p>
	<p><i>Group Kick®</i> brings it on! 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 and smiling! Group Kick® will knock you out!</p>
	<p>Group Power® is your hour of power! This 60 minute 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.</p>
	<p>Everyone finishes first in GroupRide! 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>Discover new heights with GroupStep! 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 GroupStep.</p>
	<p>Zumba Fitness is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive.</p>
	<p>When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching strength-training dance fitness-party.</p>
<p>Spinning</p>	<p>Experience the ride of your life. This low-impact cycling workout is designed to improve your cardiovascular fitness and maximize interval-based drills, visualization and effective coaching techniques. You'll have so much fun you'll forget how hard you're working! A great workout for those who would like to lose body fat or maintain a lean physique!</p>
<p>Deep to The Core</p>	<p>This class is about challenging every stability muscle in your body, chiseling out the body you want and strength which will carry over into your everyday life. A combination of strength, balance, stability and stretching exercises will be used to target the core, back and glutes. Designed to challenge any fitness level and provide options for beginners, you will leave with a smile, feeling invigorated, balanced and strong!</p>
<p>Yoga</p>	<p>The ancient practice of body, breathe and mind into balance. All fitness levels and ages can reap the benefits of flexibility, strength training and increased mental awareness.</p>
<p>Restorative Yoga</p>	<p>improves alignment, (providing strength), relaxes stressed and overworked muscles, (providing increased energy), releases stress from deep tissues, (providing restored joint function), and allows the mind to rest, focus and recharge. The asanas (poses) can be supported with props and bolsters, providing total comfort and relaxation, for the mind and the body; OR the poses can be modified to incorporate the use of walls to invert the poses. Both approaches provide the skeletal frame long periods of time, combined with mindful training and commitment, allowing for complete mind/muscle relaxation, resulting in proper alignment of joints,(spinal column) proper flow of energy to deep tissue, and complete release of stress. Heal mind body and soul!</p>