



Fall Fitness Class Schedule

Starting: Tuesday, September 14, 2021

Elora Community Centre Hall

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	Amy						
8:00 am	Brandy	Heather S		Heather S	Brandy		Chris
9:00 am						Heather S	Chris
5:00 pm	Chris	Amy	Chris	Heather M	Chris		
7:00 pm				Chris			

<p>Group Active® is a diverse workout that improves cardiovascular fitness, builds total-body strength, and enhances Movement Health™ for daily life. Inspiring music and professional coaching will ensure you succeed with a wide variety of innovative and athletic exercises using dumbbells, body weight, and The STEP®. <i>ACTIVATE YOUR LIFE!</i></p>	<p>Group Core trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before. HARD CORE!</p>	<p>Group Blast® Athletic cardio training that uses The STEP® in a wide variety of ways. This highly effective workout will get your heart pounding and sweat pouring as you improve your cardio fitness, agility, coordination, power, and strength with exciting music and motivational coaching. <i>HAVE A BLAST!</i></p>	<p>Grow longer and stronger with Group Centergy®, an invigorating mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for strength, balance, mobility, and flexibility. Emotive music drives the experience as you breathe and sweat through this full-body movement journey. <i>REDEFINE YOUR SELF.</i></p>	<p>Group Power® cutting-edge strength training workout designed to get you muscle strong and movement strong. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight, The STEP®, heart-pounding music, and expert coaching. <i>GET MUSCLE & MOVEMENT STRONG!</i></p>	<p>Group Ride® is a cycling experience brought indoors that will get you heart, lung, and leg strong. Inspiring music sets the pace and creates the terrain as you roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! <i>RIDE ON!</i></p>	<p>R30 will get you fitter and feeling better in only 30 minutes. It's a cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush. EVERYONE FINISHES FIRST!</p>
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