

CARDIO & MUSCLE: Designed to burn calories and work your heart and muscles. Our three categories of cardio are General Cardio, Dance Cardio and Martial Arts.

STRENGTH & TONE: Designed to work the muscles to improve strength and help you re-shape your body.

MIND & BODY: An opportunity to find the quiet in your "noisy" lifestyle. Find a class that focuses on the physical in conjunction with your mental state of being.

CYCLE: Designed to re-create the outdoor biking experience, whether you're imagining conquering the Tour de France, or testing yourself virtually over local terrain.

SPECIALITY: Classes are based on things like holidays, seasons, sporting or cultural events, etc.

- **Abs- so- lutely Latin**

Reverse the order and start with some Latin cardio dancing, then take it to the ground to work those abs. All levels.

- **Advanced Ashtanga**

Based on the classical primary series of Ashtanga Yoga, this class will focus on correct alignment in posture and breath work, while moving through the flow of the practice. You will lift, twist, stretch and balance your own body in order to generate power, flexibility, strength and endurance. This class is designed for the advanced participant.

- **Advanced Hip Hop**

Description Needed

- **Advanced Step**

Fantastic free- style fun! Join one of our first- rate instructors for this challenging, choreographed, cardiovascular workout. Routines on an adjustable Step platform allow for a varied intensity. Step up to the challenge! This class is designed for the advanced- level participant.

- **Afro Brazilian Dance**

This high- energy class brings together the primal rhythms of Afro- Brazilian percussion with the sensuality of Brazilian dance. Feel like your mind, body and soul have been whisked away to the tropical climate of Brazil during this intense cardiovascular workout.

- **Aqua Bootcamp**

This water workout combines Kickboxing combinations with continuous movement in order to create an intense class. Regular Aquafit participants will enjoy this variation in format. Intermediate to advanced.

- **Aqua Conditioning**

Main principles of core stabilization, breathing, and total body conditioning are used in aquatic setting. An aquatic workout is a great way to improve your health and is easier on the muscles and joints.

- **Aquafit**

Add water to your workout with a pool- based class suitable for any level of fitness. An aquatic workout is a great way to improve aerobic fitness, develop strength and burn fat without impact, making it easier on muscles and joints. Water workouts are especially beneficial for injury rehabilitation, pregnancy, sports recovery and for those with infirmities.

- **Aquafusion**

The best of Aquafit with additional influences from Tai Chi, Yoga and Pilates.

- **Aqualates**

Aquafit with a twist of Pilates. Using Pilates principles, this class uses the water to assist with controlled body movements.

- **Ashtanga Flow**

Based on the classical primary series of Ashtanga Yoga, this class will focus on correct alignment in posture and breath work, while moving through the flow of the practice. You will learn to lift, twist, and stretch and balance your own body in order to generate power, flexibility, strength and endurance. This class is designed for the intermediate to advanced participant.

- **Ashtanga Yoga**

This is a dynamic and vigorous form of Yoga. Following a set series of postures where one posture flows to the next, students will build heat through the body, maximize strength, flexibility and concentration, with focused breath awareness.

- **Ball Boot Camp**

This all ball drill class will get you sweating! Athletic intervals of cardio and strength moves are used to target the total body, with emphasis on the core muscles to support and move the spine.

- **Ball Intervals**

Intervals of simple cardio moves with the ball and effective strength moves with weights and the ball are used to target the total body. The use of the ball throughout the class benefits core strength as well.

- **Ballet Bootcamp**

You thought the Army was tough? Try Bootcamp with a twist. Designed for the "wannabe" dancer in us all, Ballet Bootcamp blends current urban music tracks with traditional (but basic) ballet exercises and puts them together for a sweat- inducing workout. No previous experience required. Just a desire to move, work and sweat gracefully... or not!

- **Basic Conditioning**

This class focuses on functional and natural movement as the foundation for a full body workout. Equipment may be used to promote muscular strength and endurance. Beginner to intermediate.

- **Bay Street Bootcamp**

Life on Bay Street can be brutal, so prepare yourself for this intense Bootcamp class that packs the most activity possible into 60 minutes! Leave your BlackBerry at the door and schedule yourself for one full hour devoted to your physical being!

- **Beginner Hip Hop by Body Alive**

A fun dance cardio- oriented workout designed to introduce novice participants to the world of Hip Hop, Funk, R&B and Jazz dance.

- **Belly Dance**

Ladies, heighten your physical and cultural senses as you shake, shimmy and sway to the enticing sounds of pulsating music. This class teaches basic techniques and you get to wear a veil! Great for all levels.

- **Belly Dance Drills**

This class is a Belly Dance- based workout using Arabic Pop, Fusion and World music with a strong beat. Belly Dance Drills is a high- energy class which keeps the pulse rate up and works through the entire body, from feet to hands and hips to belly.

- **BellyFit**

Experience the fitness system that is sweeping the nation! Bellyfit offers a high energy Group Fitness class comprised of Belly dance, African Dance, Bollywood and Bhangra, Pilates infused core work, Yoga infused stretch and Mudra Meditation. Find strength, balance and inspiration with this perfect blend of ancient wisdom and modern fitness.

- **Body Blast**

Functional exercises are performed to focus on strengthening and toning all muscles groups. Cardio intervals, core stabilization intervals and athletic drills are also incorporated in this class. All levels

- **Body Blast by Body Alive**

Body Blast by Body Alive is a strength and endurance based muscle conditioning workout. The class utilizes dumbbells and tubing to provide the resistance to challenge every major muscle group

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- **Body Sculpt/ Lower Body Sculpt/ Sculpt and Abs**

A popular workout that tones and strengthens the entire body or lower body specifically. Different equipment is used to target all muscle groups. A great way to work on technique and proper form. All levels.

- **Bootcamp**

Drills, drills and more drills. This military- inspired class will keep you moving while working on your endurance and strength. Various equipment may be used. All levels.

- **Boxing/ Boxing Conditioning**

Float like a butterfly, sting like a... you get the idea. Here's your opportunity to learn to box. Open to men and women of all abilities. Personal boxing gloves and wraps are recommended.

- **Candle Light Yoga**

Release tension piece by piece, breath by breath. The focus is on breathing, flexibility, looseness and relaxation in a soothing environment with glowing candles.

- **Cardio Ball**

Have a blast with this ball class that combines hi/ lo moves with the ball in both standing and seated positions. The added resistance of the ball challenges the upper body and core muscles while the lower body moves are not just simple, but simply effective!

- **Cardio Belly Dance**

Take your Belly Dancing skills to the next level. This class, designed for women, takes your basic techniques, and layers on progressive combinations for an out- of- the- ordinary workout!

- **Cardio Blast**

Functional exercises are performed to focus on strengthening and toning all muscles groups. Cardio intervals, core stabilization intervals and athletic drills are also incorporated in this class. All levels

- **Cardio bootcamp**

Drills, drills and more drills. This military- inspired class will keep you moving while working on your cardiovascular endurance, strength and agility.

- **Cardio Circuit**

Description Needed

- **Cardio Dance/ Cardio Rhythm**

Dance your way to fitness using a variety of moves from various styles including Latin, Jazz, Middle Eastern, African, Hip Hop and beyond.

- **Cardio Funk/ Funk**

These dance- inspired cardio classes will take you back with old school tunes and choreography to help you get your "funk" on!

- **Cardio Kick and Pump**

This is an action- packed class that will challenge your strength, endurance and willpower. Part weight workout, part kickboxing, this is a class that you don't want to miss!

- **Cardio Kickbox**

These martial arts- inspired workouts throw in a mix of punches, blocks, and kicks while you shadow box your way to a major release of stress and aggression. Skipping and focus pad work may be incorporated. No blood, lots of sweat and maybe only a few tears!

- **Cardio Latin Dance**

Using the rhythms of Salsa, Mambo and Cha- Cha to name a few, these classes are a great cardio workout! Say Adios to your regular fitness routine with these energetic, fitness- meets- dance workouts! All levels.

- **Cardio Salsa**

A dance class choreographed to hot Latin beats.

- **Cardio Sculpt/ Cardio Pump**

A combination of upper and lower body weight training to strengthen and tone all major muscle groups. Continuous movement keeps the heart rate up for a sweat- drenched sculpting session. A focus on abdominal work may be incorporated. Intermediate to advanced.

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- **Cor Yoga**

Cor Yoga is a Hatha- based Yoga program. It combines the many benefits of Yoga; stretching, breathing and mental concentration with a gentle but challenging fitness workout.

- **Cycle Basics**

This class focuses on the basics of indoor cycling. Bike set- up and proper form are highlighted in this class.

- **Cycle Fusion/ Cycle Stretch**

Indoor cycling coupled with an additional format such as Stretch, Pilates, Core Conditioning or Yoga.

- **Cycle Fusion/ Pilates**

A combination of Cycling and Pilates in a one and a half hour class. One hour of cycling and 30 minutes of Pilates.

- **Cycle Games**

Are you plateauing with your Cycling routine? Come and try Cycle Games!! Every class is a different game - Blackjack, Monopoly, movie trivia and more. Roll your dice, play your hand to determine your next move. Every class is different but you're sure to get the intensity you expect from a cycle class. The hour will fly by in minutes during Cycle Games. A fun workout - what more could you ask for?

- **Cycle Pump**

Get the most out of your workout by combining a challenging cycling class with resistance training. After your ride, hop off the bike for squats, curls, abs and more. Be prepared to push your body to new levels!

- **Cycle/ Spinning**

Indoor cycling that re- creates an on- or off- road cycling experience. Enjoy the benefits of both a strength and conditioning workout while you control the intensity from the seat of your bike!

- **Dance Party**

This is a cool, hip dance workout for all levels. It is a follow- the- leader type of workout class from beginning to end. It combines a variety of dance steps using the add- on technique which enables the participants to learn rhythms and create their own style of movement. Simply a lot of fun.

- **Dancing with Our Stars**

A recent study has shown that people who move to the rhythm on a regular basis live longer! What more motivation do you need to put on your "workout" shoes and join us for this fun filled hour of cardio dance? Every week features a different "STAR" instructor from one of our Extreme locations, bringing you their specialty: Salsa, Afro- Brazillian, Tribal Rhythms, Hip- Hop, Funk, Jazz, CardioErotica, Ballet and everything in between! Suitable for all levels.

- **Drum Core**

Who doesn't love a drum solo? Now you're in the drummer's seat for this uniquely different workout. Use real drumsticks to beat on a stability ball, while working your heart and your core. This class has to be experienced to be believed. It's all about FUN, FUN, FUN! Just add sweat and your workout's complete!

- **Express Fit Ball**

Get your strength and tone workout done in 30 minutes with Express Fit Ball. A basic workout utilizing a stability ball to increase your flexibility and range of motion while strengthening and toning muscles.

- **Express Fit Bootcamp**

Get your cardio and strength workout done in 30 minutes with Express Fit Bootcamp. A basic workout utilizing various equipment and intervals to increase your heart rate and make you sweat!

- **Express Fit Cardio Ball**

Get your workout done in 30 minutes with Express Fit Cardio Ball. This class incorporates hi/ lo moves with the ball in both standing and seated positions to get your heart rate up and to strengthen your core. Thirty minutes is all you need to achieve results in this fun class. You'll have a ball!

- **Express Fit Conditioning**

Get your conditioning workout done in 30 minutes with Express Fit Conditioning. A basic workout that will tone and strengthen your muscles in a quick and efficient use of time.

- **Express Fit Core**

Get your core workout done in 30 minutes with Express Fit Core.

- **Express Fit Cycle**

Get your cardio workout done in 30 minutes with Express Fit Cycle. A basic workout on an indoor bike to increase your heart rate and make you sweat!

- **Express Fit Pilates**

Get your Pilates workout done in 30 minutes with Express Fit Pilates. A basic workout utilizing Pilates principles to work your core, while strengthening and toning your muscles.

- **Express Fit Step**

Get your cardio workout done in 30 minutes with Express Fit Step. A basic workout utilizing the Step to increase your heart rate and make you sweat!

- **Express Fit Strongbody**

Get your weights workout done in 30 minutes with Express Fit Strongbody. A basic workout utilizing dumbbells to increase your strength and overall body conditioning.

- **Extreme Cycle**

This is an intense class which includes non- stop intervals riding in and out of the saddle, over virtual extreme hills and flat terrain. Come prepared with lots of water and be ready to sweat!

- **Extreme Step**

Beginners beware! Advanced choreography means these workouts are best for advanced or experienced steppers!!

- **FIST**

These classes are based on the training regime of professional boxers, modified for a group class setting. The challenge of striking a heavy bag make these classes among the most intense on the schedule.

- **Fit2Ski**

Fit2Ski is a functional Group Fitness class designed to improve on- hill performance and increase overall fitness levels for expert, intermediate and beginner skiers alike.

- **Fit2SpeedDate**

Fit2SpeedDate provides single fitness enthusiasts with an opportunity to meet like- minded people in a speed dating experience focussed around their workout. Pre- registration for classes is required. Dates, times and locations to be announced.

- **Fit4Golf**

Fit4Golf is designed to help golfers increase driving distance and improve overall fitness. In one hour of Fit4Golf, you'll enjoy a core- based workout with functional exercises using dumbbells and resistance tubing.

- **Fit4Soccer**

Learn freestyle soccer skills from the Masters of Freestyle soccer, while working on cardio and muscular endurance. This special 8- week program will have you sweating in the studio in preparation to take your enhanced skills outside onto the soccer field.

- **Funk**

A one- hour choreographed dance class combining hip hop, salsa and house dance moves.

- **Fusion Strength**

A unique blend of Pilates, Yoga, strength conditioning and athletic training placed in an upbeat, dynamic environment. This class will challenge your mat workout while utilizing balance, strength and flexibility. This class is designed for all fitness levels.

- **Gentle Yoga**

This class is designed for the beginner to intermediate participant. Various traditional Yoga poses are highlighted. Focus, concentrate and relax your way to physical and mental health.

- **Gingadeira**

Gingadeira is a style of Capoeira (pronounced Capwear- ah) which is an Afro- Brazilian Martial Art developed in the 1500s by African slaves in Brazil. It is traditionally marked by deft, playful, acrobatic movements played to live music. It is considered to be a hybrid of Martial Arts and dance- like movements.

- **Gliding Bootcamp**

Gliding Discs are used to integrate cardio and muscular endurance in intervals. All levels.

- **Group Centergy**

Centre your energy with this music- inspired workout that takes the best from Yoga, Pilates and stretch. Engage your core, develop your strength through poses and leave class feeling refreshed and energized.

- **Group Groove**

If you can move, you can Groove. Experience a fusion of club, urban, Latin and Disco dance styles with motivating chart- topping hits and retro classic tunes during this 60- minute fitness dance program..

- **Group Kick**

Using music as a primary motivator, Group Kick classes turn participants into fighters. Movements are choreographed to the music. We throw in some sound effects for emphasis and bells and whistles to let you know each round has begun... or finally ended!

- **Group Power/ Power Pump**

These 60- minute barbell classes will strengthen your major muscle groups through the use of inspiring music and awesome instructors in a motivating group environment. Group Power and Power Pump are for all ages and fitness levels. Discover results. Discover the *power* of working out with weights.

- **Group Ride**

An indoor cardio cycling program that is programmed to coordinate with the cadance of the music. Get totally immersed in the music during your ride!

- **Group Step**

Utilizing the Step in different positions and heights, this 60- minute cardio program focuses on the athleticism of basic step movements, rather than fancy choreography. Great for both novices and veteran steppers alike!

- **Hard Core Abs**

Get to the "Core" of the matter. These workouts focus on strengthening your core with sequences of abdominal and back exercises while the rest of the body is fresh and free from the fatigue of a cardio or weight workout. Ensure a strong core and minimize lower back pain, injury and poor posture! You may find elements from Pilates Mat classes combined with a hint of Ballet strength work.

- **Hard Core Abs & Legs**

Fun and energetic strength- training classes focusing on lower body and core strength. Lunge, squat and crunch yourself to a firmer butt and tighter abs.

- **HBT (Hips, Butt & Thigh) Low by Body Alive**

An uncomplicated Low Impact cardio workout that gets right to the point. It concludes with a half- hour conditioning component that focuses on the legs.

- **Hi- Lo/ Hi Low by Body Alive**

You pick the impact level that's right for you. Take it high or take it low with cardio steps designed to challenge "old school folks" that still enjoy a serious cardio workout. Throw in a few new moves to keep your workout interesting. Traditional? Maybe. Challenging? Always!

- **Hip Hop by Body Alive**

An open level, urban- style Hip Hop cardio dance workout. This is a great class for anyone wanting something a little different. Participants will warm up together, and then spend the rest of the class learning and performing a choreographed routine. A great way to workout and have a little fun at the same time.

- **Hip Hop/ Hip Hop Dance Fusion**

High energy classes that use the latest sounds in R&B and pop music together with movements influenced by some of today's hottest video choreographers. Classes encompass movements that have elements of poppin', locking, and house, as well as freestyle movement that allow participants to develop their own sense of style. These classes are designed for the intermediate to advanced level participant.

- **Hot Power Yoga**

Power Yoga is a dynamic and vigorous form of Yoga whereby each pose is linked to the next through a series of connecting movements called vinyasana. The body creates heat leading to greater flexibility and strength. Embraced by celebrities, professional athletes and health advocates alike, Power Yoga infuses the basics of Yoga with strength and power to tone your muscles, sharpen your focus, ease your spirit and strengthen your heart. Add a warmer room to ensure warm supple muscles that are up to the Yoga challenge.

- **Hot Yoga**

Hot Yoga is a challenging series of Yoga postures and breathing exercises conducted in a heated room to thoroughly and steadily warm, stretch and strengthen all the major muscle groups in the body. It really gets deep inside you! All internal organs and glands are stimulated and brought back into equilibrium. A lot of attention is devoted to the spine and as a result, there is an intense beneficial effect on the nervous system. The heated environment reduces risk of injury and facilitates the release of bodily toxins. Please note: the room is heated to just over 100 degrees Fahrenheit.

- **IMPACT**

IMPACT combines traditional high and low impact moves into a heart- pounding workout. Each exciting music track is pre- choreographed. Each chorus and verse has its own routine; a blending of motivating, uplifting music and powerful, strong movement. IMPACT is designed to challenge your aerobic energy system, make you sweat, and lift your spirits!

- **Jiu Jitsu**

Brazilian Jiu Jitsu (BJJ) is a martial art and combat sport that focuses on grappling and especially ground fighting, with the goal of gaining a dominant position and using joint locks and choke holds to force an opponent to submit. It's a great all- round workout.

- **Jump**

Grab a rope and Jump to it! Enthusiastic instructors and great music will inspire you to kick, jog, slalom and shimmy your way to improved cardiovascular endurance.

- **Kama Aerobics**

KAMA AEROBICS is a total body workout program, paying special attention to neglected sexual core pelvic muscle group, as well as most typical female problem areas: abdominal core, hips, and upper legs area, while simultaneously toning the upper core and arms. In addition it corrects posture, helps develop sense of focus, coordination, flexibility, and balance in mind, body and spirit.

- **Karate**

Can't decide which belt to wear? Why not make it a black one? Learn Karate with a Karate master.

- **Karate (Paid Sessions)**

Goju Ryu is one of the four major systems of Karate practiced in the world today. Known for its use of circular motion to defeat a larger more aggressive attacker, it is an ideal system for those wishing to acquire effective self defence techniques.

- **Kickboxing**

These martial arts- inspired workouts throw in a mix of punches, blocks and kicks while you shadow box your way to a major release of stress and aggression. Skipping and focus pad work may be incorporated. No blood, lots of sweat and maybe only a few tears!

- **Kripalu Yoga**

Kripalu Yoga seeks to unlock the body's energy through mindful movement. Going deeper into the poses through attention to alignment and breath, students build up strength, flexibility and increased body awareness. This class is appropriate for the Yoga novice, but offers suitable challenge for those with Yoga experience.

- **Kundalini Yoga**

Kundalini Yoga is a dynamic system combining breathing, movement, stretching meditation, the use of sound and rhythm, relaxation and meditation. Each class usually entails spine and flexibility warm- ups, a specific sequence for the energy or day at hand, and a relaxation and meditation. There are literally thousands of exercise sets and meditations in this system. According to some sources, awakening of Kundalini brings with it pure joy, pure knowledge and pure love. Who doesn't want more of this in life?

- **LI (Lo Impact) by Body Alive**

An intense well- rounded Low Impact cardio workout that concludes with a full- body conditioning component. This class has elements of choreographed as well as athletic- type movements. A great class for all levels.

- **Lo Impact/ Lunch Time Workout**

Low impact but never low intensity! Join one of our top- notch instructors for a challenging, choreographed cardiovascular workout that keeps one foot on the floor to minimize impact on the body, followed by conditioning work. Lunch Time Workout has a slightly shorter cardio component before the body conditioning begins!

- **Low Pump by Body Alive**

An all- out blitz of cardio and muscle conditioning. It starts with a low impact cardio workout and concludes with resistance training using body balls, body bars, tubing, light weights and Steps.

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An all- out blitz of cardio and muscle conditioning. It starts with a low impact cardio workout and concludes with resistance training using body balls, body bars, tubing, light weights and Steps.

- **Lower Body Bootcamp**

This intense lower body class will use various equipment to build strength and tone your lower body.

- **Lower Body Sculpt**

This class focuses on toning and sculpting the lower half of your body.

- **Lunch Time Workout**

A traditional group exercise class with both cardio and muscle conditioning components. The class can be done as a high impact, low impact or mixed impact format. Choreographed routines make the class challenging and fun.

- **Meditation**

These classes will help the participant learn the basics to achieving a calmer and more focused mind. Breathing meditation will assist in overcoming stress and finding inner peace and balance. Transform your mind from negative to positive. For a beginner to intermediate level participant.

- **MMA (Mixed Martial Arts)**

This intense hybrid class combines the conditioning of Muay Thai, the precision striking of Tae Kwon Do and Kick Boxing, and the controlled take- downs of Jiu- Jitsu. It is designed to strengthen your body, increase your flexibility, provide tactical Martial Arts training and develop your coordination. (May require pre- registration and additional cost.)

- **Mom and Baby Workout**

All new moms and babies (six weeks to approximately six months) are welcome! This post-natal fitness class is geared toward new moms getting back into shape after having a baby. Come out for an hour of combination fitness, including Low Impact and muscle conditioning exercises that will spark your energy back into gear and allow for bonding time with your baby. This workout is unlike any other class as moms can exercise with babies. Use of stability ball, hand weights, Dynabands, and Steps, will add variety each week to your workout. Don't forget to bring your "Baby Bjorn"!!!

• Mom and Baby Workout

All new moms and babies (newborn - approx. 6 months) are welcome! This post-natal fitness class is geared toward new moms getting back into shape after having a baby. Come out for an hour of combination fitness, including Low Impact and muscle conditioning exercises that will spark your energy back into gear and allow for bonding time with your baby. This workout is unlike any other class as moms can exercise with babies. Use of stability ball, hand weights, Dynabands, and Steps, will add variety each week to your workout. Don't forget to bring your "Baby Bjorn"!!!

• Muay Thai

Muay Thai is the "Art of Eight Limbs". Created by the Thai people, it is an in-close style of fighting that incorporates hands, feet, knees and elbows. Skipping, bag work and partner drills with focus pads ensure a high-intensity workout. Personal boxing gloves and wraps are recommended.

• Nia

Nia blends Martial Arts (Tai Chi, Tae Kwon Do and Aikido), Dance Arts (Jazz, Modern and Duncan), Healing Arts (Yoga, the Alexander Technique and Feldenkrais), into a unique class of movement and dance. The Nia Technique is adaptable to every fitness level.

• Outdoor Run

Bring your running shoes for this outdoor run. Leave the treadmill behind and enjoy the great outdoors.

• Partner Salsa

Sensational Latin dancing- this spicy, low-impact class is a great relationship builder. Try it with your partner... or find a partner there!

• Pilates / Yoga

A total body conditioning class using the best of both disciplines. Emphasis is on neutral alignment of the spine and core control. Stretching, breathing and total concentration are also emphasized.

• Pilates Advanced

Pilates is a method of total body conditioning which emphasizes neutral alignment of the spine and core control during movement. Be rewarded with increased flexibility, strength, muscle tone, body awareness, energy and improved mental concentration in this advanced class which takes the workout to a more challenging level.

• Pilates Basic

Pilates is a method of total body conditioning which emphasizes neutral alignment of the spine and core control during movement. Be rewarded with increased flexibility, strength, muscle tone, body awareness, energy and improved mental concentration.

• Pilates Fusion

An alignment-oriented class that is a combination of matwork and standing Pilates. Stability balls may be used.

• Pilates on the Ball

This unique Pilates class includes the use of a stability ball in order to enhance the workout. Core strength and flexibility are highlighted. This class is designed for the beginner to intermediate level participant.

• Pilates/ Pilates Mat

Pilates is a method of total body conditioning which emphasizes neutral alignment of the spine and core control during movement. Be rewarded with increased flexibility, strength, muscle tone, body awareness, energy and improved mental concentration.

• PiYo

PiYo™ is an athletic blend of Pilates, Yoga, and so much more. It includes modifications for the group exercise environment, yet offers exercise progressions to challenge all levels of participants.

• Power Abs

Strengthen core stabilizers and enhance definition with this cardio-free conditioning class. Focus on abdominals and lower back.

• Power Pilates

Streamline your body with non-stop, high intensity strengthening and stretching exercises using the Pilates method.

• Power Pump

Research has proven that muscle mass plays a significant role in revving up your metabolism and enabling your body to burn more calories while at rest. Slim down and shape up in our total body strength conditioning class. Using both barbells and dumbbells, you'll push, press, squat and curl yourself to a sleek new physique.

• Power Yoga/ Power Yoga Challenge

Power Yoga is a dynamic and vigorous form of Yoga whereby each pose is linked to the next through a series of connecting movements called vinyasana. The body creates heat leading to greater flexibility and strength. Embraced by celebrities, professional athletes and health advocates alike, Power Yoga infuses the basics of Yoga with strength and power to tone your muscles, sharpen your focus, ease your spirit and strengthen your heart. Power Yoga Challenge is a longer class and ups the ante by giving you more opportunity to work hard and challenge yourself.

- **Pre- School Karate (Paid Session)**

Let your little ones work out with Karate lessons while you do your own workout.

- **Private MMA Sessions**

Prepare to enter the Octagon! This intense hybrid class combines the conditioning of Muay Thai, the precision striking of Tae Kwon Do and Kick Boxing and the controlled take-downs of Jiu- Jitsu. It is designed to strengthen your body, increase your flexibility, provide tactical Martial Arts training and develop your coordination. This class is offered through the Health Centre and requires pre- registration.

- **Private Women's Self Defense**

Get your dukes up! This cardio- based program emphasizes boxing skills and sports conditioning for women. This class will help you improve speed, agility and strength. It is offered through the Health Centre and requires pre- registration.

- **Pump**

Research has proven that muscle mass plays a significant roll in revving up your metabolism and enabling your body to burn more calories while at rest. Slim down and shape up in our total body strength conditioning class. Using both light and heavy dumbbells, press, push, squat and curl yourself to a sleek new physique.

- **ReBOUNCE**

Love to run but your body hurts when you do? ReBOUNCE has all the intensity without the impact! This safe, effective exercise program provides a surprisingly challenging cardiovascular workout without excess stress on your muscles and joints. Taught entirely on a unique spring- enhanced platform, ReBOUNCE allows your body to work harder, for a longer period of time, without the shock and stress of hard- surface workouts.

- **Restorative Yoga**

This restorative class is based upon classical Hatha yoga postures (asanas), conscious breathing (pranayama) and mental focus to develop greater flexibility, strength and relaxation. This therapeutic class is sure to help restore and heal your body from the everyday stresses of life.

- **Sculpt and Cardio Kickbox**

A sculpting workout combined with a martial and combative arts- inspired movements including punches and kicks that will tone and strengthen the entire body.

- **Sculpt and Step/ Step- Sculpt- Abs**

These sculpting and cardio workouts use choreographed movements on a Step. Various equipment may be used to add resistance to the workouts. A knowledge of Step is recommended. Intermediate to advanced.

- **Sexy Pilates**

Sexy Pilates is a fitness class that fuses gymnastics- style stretching, belly dance and strip- tease movement, with classical Pilates repertoire to lengthen, strengthen and stretch your body lean.

- **Shaolin Kung Fu**

This class teaches the Ancient Kung Fu discipline which incorporates speed, agility and power to help improve aerobic capacity, dynamic flexibility and core conditioning. It is suitable for all levels - please advise instructor if it is your first class.

- **Smart Start Cycle**

Welcome to SmartStart Cycle. Our SmartStart introductory classes are intended to introduce new participants into class, and to become familiar with the physical expectations of the workout. There's zero intimidation factor. Just getting started is your first success!

- **SmartStart (Introductory) Classes**

Regardless of the format, our Intro classes are intended to introduce new participants into class, and to become familiar with the physical expectations of the workout. There's zero intimidation factor. Just getting started is your first success! Intro classes include Yoga, Cycle, Pilates and Mix - a variety of formats.

- **SmartStart (Introductory) Classes**

Regardless of the format, our Intro classes are intended to introduce new participants into class, and to become familiar with the physical expectations of the workout. There's zero intimidation factor. Just getting started is your first success! Intro classes include Yoga, Cycle, Pilates and Mix - a variety of formats.

- **SmartStart (Introductory) Classes**

Regardless of the format, our Intro classes are intended to introduce new participants into class, and to become familiar with the physical expectations of the workout. There's zero intimidation factor. Just getting started is your first success! Intro classes include Yoga, Cycle, Pilates and Mix - a variety of formats.

- **SmartStart Body Sculpt**

Welcome to SmartStart Body Sculpt. Our SmartStart introductory classes are intended to introduce new participants into class, and to become familiar with the physical expectations of the workout. There's zero intimidation factor. Just getting started is your first success!

- **SmartStart Bootcamp**

Welcome to SmartStart Bootcamp. Our SmartStart introductory classes are intended to introduce new participants into class, and to become familiar with the physical expectations of the workout. There's zero intimidation factor. Just getting started is your first success!

- **SmartStart Cardio**

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- **SmartStart Cardio Funk**

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- **SmartStart Cardio Sculpt**

Description Needed

- **SmartStart Conditioning**

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- **SmartStart Cycle Pump**

Welcome to SmartStart Cycle Pump. Our SmartStart introductory classes are intended to introduce new participants into class, and to become familiar with the physical expectations of the workout. There's zero intimidation factor. Just getting started is your first success! This class has a basic cycle component, and a separate weight training component.

- **SmartStart Group Power**

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- **SmartStart Hard Core Abs & Legs**

Welcome to SmartStart Hardcore Abs & Legs. Our SmartStart introductory classes are intended to introduce new participants into class, and to become familiar with the physical expectations of the workout. There's zero intimidation factor. Just getting started is your first success!

- **SmartStart Hatha Yoga**

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- **SmartStart Hi/ Lo**

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- **SmartStart Hip Hop**

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- **SmartStart Kickboxing**

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- **SmartStart Pilates Mat**

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- **SmartStart Pilates on the Ball**

This unique Pilates class includes the use of a stability ball in order to enhance the workout. Core strength and flexibility are highlighted. This class is designed for the beginner level participant.

- **SmartStart PiYo**

- **SmartStart Power Pump**

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- **SmartStart Power Yoga**

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- **SmartStart Step**

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- **SmartStart Stretch**

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- **SmartStart Stretch Pilates**

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- **SmartStart Strongbody**

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- **SmartStart Tai Chi**

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- **SmartStart Yoga**

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- **Sports Conditioning**

By simulating sports movements, this class will challenge your power, stamina, agility and quickness. Whether you are an athlete wanting to enhance your performance or a parent trying to keep up with your children, this class is sure to improve your game!

- **Stability Ball**

These classes utilize the exercise ball in various ways to help you achieve an optimal workout. Learning to work with an unstable surface will develop core muscles you never knew you had! These classes are "incredi- ball"!!

- **Step**

Fantastic, free- style fun! Join one of our first- rate instructors for this challenging, choreographed, cardiovascular workout. Routines on an adjustable Step platform allow for varied intensity. Step up to the challenge!

- **Step & Ball**

In this fusion class, Step cardio is combined with the awesome core conditioning of the Stability Ball.

- **Step & Kick**

Step routines as well as boxing combinations are fused to strengthen and condition the entire body.

- **Step Circuit/ Step Interval**

Taking Step to the next level...circuits or intervals are introduced to your existing Step workout.

- **Step/ Hi Lo**

Combining the best of two great formats. Choreographed Hi/ Lo routines on the floor in addition to a heart- pumping workout on the Step.

- **Stiletto Sculpt and Stretch**

Wearing heels can take a toll on your body. It can shorten muscles and throw your posture out of alignment. This class is designed to counteract these negative effects by helping you to strengthen and lengthen muscles, particularly through your lower body.

- **Straight Up Abs/ Back or Legs**

Continuing the "Straight Up" concept, with emphasis on the body parts as indicated. All levels welcome.

- **Straight Up Sculpt**

Intense muscle conditioning using free weights and barbells with plates. Increase lean muscle, burn fat and increase muscle endurance with a variety of exercises for a full- body workout.

- **Straight Up Step**

A full hour of choreographed Step routines with plenty of ups and downs to get the heart healthy.

- **Straight Up Strength**

This total body strength and muscular endurance workout uses a variety of equipment including free weights and/ or gliders to get you strong and fit. Unlock the secret to getting lean and tight!

- **Strength and Stretch**

Description Needed

- **Stretch Pilates**

Stretch Pilates is a combination of powerful yet fluid movements combined with deep challenging stretches. Taken from the vertical Pilates repertoire, this technique works your entire body as it enhances precise control of each muscle through balance and coordination. A unique functional approach to Pilates that challenges your body to the core.

- **Stretch/ Stretch by Body Alive**

Stretching is an often overlooked but extremely important component of a balanced fitness regimen. Increasing your flexibility results in better posture and helps avoid unnecessary injury. Participants are encouraged to go at their own pace and find their own limits with care and comfort.

- **Strongbody**

Our signature muscle conditioning class will work you from head to toe utilizing heavy and light dumbbells and movements all pre-choreographed to both new tunes and golden oldies. A completely new workout routine is introduced every three months so that you can push yourself past plateaus and to new limits. Come join us to build lean muscle, rev up your metabolism, and burn those extra calories.

- **Tai Chi**

Tai Chi, an ancient form of martial art started in China about 800 years ago, involves a series of gentle movements and techniques that are performed in what appears to be slow motion. Low impact, slow movements protect your muscles and joints from jarring stress and help strengthen bone mass and connective tissue. All levels.

- **Tai Chi**

Tai Chi, an ancient form of martial art started in China about 800 years ago, involves a series of gentle movements and techniques that are performed in what appears to be slow motion. Low impact, slow movements protect your muscles and joints from jarring stress and help strengthen bone mass and connective tissue. All levels.

- **Taijutsu**

Taijutsu, literally meaning "body skill" or "body art", will teach you techniques that rely on a science of body movements. Historically, the word Taijutsu was often used interchangeably with Jiu-Jitsu to refer to a range of grappling skills. Taijutsu, is a form of traditional Japanese unarmed combat common to a plethora of arts utilized throughout mainland Japan's history.

- **TGIF**

Finally, Friday is here! The class format changes every week.

- **TKO by Body Alive**

Martial arts- styled shadow boxing cardio classes that include elements of both regular boxing and kickboxing, concluding with full body conditioning.

- **Total Body Workout**

A combination of Step, box, sculpt, and core training. This is a great overall workout that provides variety and cross training. This class is designed for the intermediate level participant.

- **Total Knock Out**

Martial Arts- styled shadow boxing cardio classes that include elements of both regular boxing and kickboxing, concluding with full body conditioning.

- **Turbo Bootcamp**

Turbo Bootcamp combines shadow boxing, kickboxing, sports drills, dancing, yoga, and simple dance moves in a party atmosphere.

- **Upper Body Boot Camp**

In this military inspired upper body exercise class, you will use various equipment to build strength and to tone your upper body.

- **Upper Body Sculpt and Core**

This class focuses on your upper body, from large muscle groups like the back to small muscle groups like those in the shoulders. Core work is also incorporated.

- **Vinyasa Flow**

In this class participants will engage in traditional Yoga poses while focussing on synchronized breathing techniques. Poses flow and run together smoothly. Inhale... exhale... and enjoy!

- **Women's Karate (Paid Sessions)**

Goju Ryu is one of the four major systems of Karate practiced in the world today. Known for its use of circular motion to defeat a larger more aggressive attacker, it is an ideal system for those wishing to acquire effective self defence techniques. These sessions are for Women only.

- **Xpress Abs**

Rock hard abs in 30 minutes! Better than anything you can buy on a late- night infomercial. This is for real. XPress Abs at Extreme Fitness!

- **Xpress Conditioning**

Work your muscles quickly and efficiently in this 30- minute conditioning workout. Add strength and tone to your body.

- **Xpress Cycle**

Description Needed

- **Xpress Pilates Mat**

Description Needed

- **Xpress Upper Body Blast**

An intense 30- minute upper body strength and toning workout. Hand weights and fitness tubing may be used.

- **Yoga**

Learn to control your body as you move through traditional Yoga postures (asana). Use conscious breathing (pranayama) and mental focus to develop awareness, strength, flexibility and relaxation. Yoga has also been shown to reduce blood pressure, lower pulse rate, improve elasticity of the arteries and increase the hearts stroke volume. Namaste.

- **Yoga All Levels**

You will learn to lift, twist, stretch and balance your own body with the postures and techniques of Yoga. Breath work and meditation will help you learn to relax and focus.

- **Yoga Basics**

Whether you are looking to start or to deepen your yoga practice, this all levels, technique- based class is for you. Emphasis is placed on proper alignment in common postures and in providing options where needed.

- **Yoga Core**

This class emphasizes posture and abdominal core. Focus is on elongating and strengthening the postural muscles in stability while enabling you to focus on mobility throughout your core.

- **Yoga Dancercise**

YogaDancercise transcends the typical boundaries of Yoga to incorporate the flowing movements of dance! The YogaDancercise journey begins with a classic yoga warm- up with salutations ... soars into an outrageously fun and flowing dance party ... then melts into deep relaxation.

- **Yoga Flow/ Vinyasa**

This class uses sequenced poses that emphasize concentration and the proper use of breathing techniques in order to link movements together. Beginner to intermediate.

- **Yoga Freedom**

This challenging and compassionate class will inspire you to discover your endless potential through deep, integrated stretching, releasing and strengthening of mind, body and spirit. Perfect for enthusiastic beginners and experienced Yogis excited about exploring a wide variety of Yoga techniques.

- **Yoga Life and Philosophy**

This class assists you in bringing Yoga into your everyday life. The instructor helps participants see how Yoga can add benefit to their other workouts.

- **Yoga Lounge**

This is a light and playful mix of Yoga postures that will be sure to make you feel strong and long by the end. Yoga Lounge is always a different routine and focus so you will never be bored. Come and mix it up in Yoga Lounge and walk away feeling taller and stronger than ever.

- **Yoga on the Ball**

This class uses the ball to enhance your Yoga practice. The support of the ball allows your body to roll into positions with progression, developing muscular strength and stabilization. The ball can make some positions easier while others are more challenging depending on the postures and how the ball is being used.

- **Yoga Stretch**

Combining stretch with Yoga, this class is designed to emphasize strength and flexibility. Intermediate to advanced.

- **Yoga/ Hatha Yoga**

Learn to control your body as you move through traditional Yoga postures (asana). Use conscious breathing (pranayama) and mental focus to develop awareness, strength, flexibility and relaxation. Yoga has also been shown to reduce blood pressure, lower pulse rate, improve elasticity of the arteries and increase the heart's stroke volume. In short, Yoga is good for you!

- **Yogalates/ Fusion**

A combination of strength and flexibility through integrating and quieting the mind. These classes focus on breathing and balance in traditional Yoga style, while concentrating on strength and power from the centre of the body.

- **Zen Yoga/ Power Zen Yoga**

A fusion based upon Zen Meditation, classic Chinese and Indian Yoga, linking rhythmic breathing and powerful flowing movements. When practiced properly immense heat is created deep within our core that acts to purify the body. The focused breathing technique of "ujjayi" calms the mind and soothes the nervous system leaving one with a deep meditative calm.

- **Zumba**

Zumba® is a fun, effective, and simple way to burn calories and tone your body. The sexy and explosive Latin rhythms create a party- like atmosphere that delivers results as well as a "feel happy" workout. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. It targets areas such as glutes, legs, arms, abdominals, and the most important muscle in the body, the heart! It is a mixture of body sculpting movements and easy to follow dance steps. No previous experience in dance is needed to have fun with Zumba®.