



# Quinte West Branch | Fitness Classes Fall 2021

## Simply Step

No tricky choreography in this basic step class. Our goal is to work with simple cardio movements to get your heart rate pumping as we use the step as a tool. All fitness levels welcome.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:30-6:15pm				

## GentleFit

A class for those looking to workout at a slower pace. A variety of cardio and strength movements are offered with modifications where necessary for anyone with joint issues or other limitations.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-9:45am				9:00-9:45am		

## Fit4All

Taking GentleFit to the next level. A higher intensity version of strength and cardio exercises will give participants a boost in their fitness journey. All fitness levels are welcome, as long as you are ready to exercise.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:15-11:00am				10:15-11:00am		

## Zumba

Burn those calories by dancing them away. No experience needed, this class offers a variety of dance styles and will help increase cardiovascular health with low impact moves.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-5:45pm		9:00-9:45am				

## Simply Strength

This weight training class aims to strengthen, tone, and define every muscle in your body. Dumbbells, bands, and other equipment will be used to create a full body workout suitable for all fitness levels.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45pm	9:00-9:45am					

## Chair Yoga

*A gentle yoga practice, with the poses performed while seated and/or with the assistance of the chair. This class invites you to find mobility in a way that is soft and gentle, while also being supportive and beneficial to overall health.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		10:15-11:00am				

## Yoga

*This is a traditional yoga practice. The focus of this class is increasing flexibility and calming the mind with poses suitable for all levels of experience.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:00-11:00am		10:00-11:00am			

## Bootcamp

*A high intensity class that is designed to push your limits, building speed and increasing muscular strength and endurance. The ultimate challenge for a total body workout.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30-6:15pm		9:00-9:45am			

## CycleFit

*The ultimate low impact workout to increase your cardiovascular health and endurance. This class offers a variety of intervals and drills, using upbeat music to keep participants motivated the entire time.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30-7:15pm		6:30-7:15pm		9:00-9:45am	

## Power Yoga

*A fitness-based yoga class that focuses on challenging your strength, flexibility and stamina. Be prepared to sweat in a cardio focused workout to burn calories and maximize blood flow. While modifications are always available, this class is geared towards more intermediate yoga poses.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-7:45pm						

## Hatha Yoga

*Hatha Yoga is great for increasing strength while also improving flexibility and circulation through the body. It also helps to calm a stressful mind. This class is geared towards motivated beginners and more experienced yoga practitioners because of its intermediate to advanced poses. However, variations and options are given to suit different fitness levels.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:45-7:45pm				9:00-10:30am