



Balsillie Family Branch | Fitness Class Descriptions

COREFIT – Corefit is a muscle conditioning class to strengthen your core stabilizer muscles, abs and back. A strong core gives you a strong base for every movement.

SIMPLY STRENGTH – This class focuses on building strength throughout your whole body. You will use body weight exercises plus dumbbells, mats and any other accessories the instructor may use that day. All levels welcome.

YOGA – This yoga class combines specific postures in combination with controlled breathing. Release stress, improve strength and flexibility, re-enter your day with a more peaceful outlook. Suitable for beginner and advanced participants. **please bring own yoga mat and any special equipment*

CHAIR YOGA – Chair Yoga is a gentle form of yoga that uses poses within a seated position or standing using a chair for support. This class will benefit those looking for relaxation and an increase in mobility and flexibility. **please bring your own straps*

BOOTCAMP – A high-intensity class with complete body conditioning. Challenge your cardio, strength and endurance every session.

STRETCH & STRENGTH – Build a lean body using resistance, core, pilates and yoga poses to develop your muscular endurance and balance. **please bring your own yoga mat*

CYCLEFIT – A great cardio workout. The instructor will lead you through a set of drills on the bike designed to challenge you. All levels welcome. **bikes have SPD clips*

SCULPT & TONE – This is a cardio based class with some traditional hi/lo moves plus strength. A great balance of aerobic and muscle conditioning.

CARDIO CORE – This class will challenge and improve your cardio with a variety of hi and lo intensity moves and an extra focus on strengthening your core.

CARDIO SCULPT – Challenge your cardio with a combination of traditional movements plus interval training. This is combined with full body strengthening sections. An overall workout.

TOTAL BODY BLAST – This class will incorporate both cardio and resistance training to challenge your whole body. Compound movements that will improve your muscular strength while challenging your cardio. A total body workout in one session.

Classes can be adapted for any level of fitness; all are welcome!