

Willow Stream Spa Fitness Centre

Fitness Class Schedule - June 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Kickboxing Jessica 6:30am-7:30am	Circuit Blast Martina/Fiona 6:30am-7:30am	Full Body Lift Jessica 6:30am-7:30am	X-Fit Martina 6:30am-7:30am	Total Body Conditioning Fiona/Martine 6:30am-7:30am	
	Yoga Slow Flow Mystee 8:30am-9:30am		Vinyasa Flow Yoga Mystee 8:30am-9:30am		Vinyasa Flow Core Yoga Mystee 8:30am-9:30am	HIIT- High Intensity Interval Training Fiona/Martina 8:30am-9:30am
Abs & Cardio Tabata Fiona/Martina/Jessica 10:00am-11:00am						Vinyasa Flow Yoga Marnie 10:00am-11:00am
Full Body Lift Jessica 5:30pm-6:30pm	Total Body Conditioning Morag/Martina 5:30pm-6:30pm	Full Body Tabata Jessica 5:30pm-6:30pm	Abs & Cardio Tabata Martina 5:30pm-6:30pm	Boot Camp Fiona 5:30pm-6:30pm	X-Fit Martina 5:30pm-6:30pm	Full Body Tabata Jessica 5:30pm-6:30pm

Fitness Class Descriptions

Abs & Cardio Tabata:

This class will follow the Japanese Tabata method of short interval training with minimal rest, focusing on getting your heart rate up while working towards the six pack you always wanted! For all levels.

Boot Camp:

Challenge yourself with this high intensity class incorporating plyometrics, resistance training, cardio intervals and core work. Improve your fitness while having fun. For all levels.

Circuit Blast:

High intensity circuit style class incorporating body weight and resistance exercises, cardio intervals, core work and fun fictional movements to increase strength, power and get the heart pumping! For all levels.

Full Body Lift:

Prepare your body for a balanced, full body, core-based resistance training class that will push your body to new levels of strength and functionality. For all levels.

HIIT – High Intensity Interval Training:

This style of training is proven to burn both calories and fat! Using both equipment and body weight exercises and intervals, this class will push you to your limits and beyond! Be prepared to step outside your boundaries! For all levels.

Kickboxing:

Hammer through a kickboxing-inspired circuit program for a full-body challenge and a great time! Each class includes pad and bag work, resistance work, and plyometric training to challenge your heart rate, increase your endurance and maximize your strength. For all levels.

Total Body Conditioning:

A full-body muscle-conditioning workout using free weights that will tone your whole body, improve your muscular endurance and increase your metabolic rate. For all levels.

Vinyasa Flow Yoga:

A dynamic form of Hatha Yoga which uses a combination of movements and postures synchronized with the breath. This practice generates heat, eliminates toxins and develops flexibility, stamina, and balance. For all levels.

Not suitable for pregnancy.

Vinyasa Flow Core Yoga:

A dynamic form of Hatha Yoga which uses a combination of movements and postures synchronized with the breath. This practice will focus on postures that will help to strengthen your core. For all levels.

Not suitable for pregnancy.

X-Fit:

This cross-training class is comprised of functional athletic movements performed with maximum exertion. This class will push your limits of conditioning and provide a great cross-training workout for any sport. For all levels.

Yoga Slow Flow:

A gentle, restorative yoga class. For all levels.

Please note that weather permitting, some classes will be taken outside in the summer months. Please bring an extra layer just in case!

For more information or to inquire about our Personal Training packages, please call the Fitness Centre on 403-762-1774 or ext 1774 from in house, or email BshFitnessStaff@fairmont.com. Alternatively you can contact the Willow Stream Spa Reservations team at 403-762-1772