

Burlington Fitness & Racquet Club

1233 Dillon Rd

Burlington, Ontario

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FITNESS SCHEDULE EFFECTIVE July 1st , 2010



Burlington Fitness & Racquet Club

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:40 – 9:40am		Zumba Pat			Fri Zumba Toning cancelled for summer		
9:40 – 10:40am	Zumba Toning Pat !9:10am!	Tae-Bo Christine	Cardio Sculpt Cheryl !NEW!	Zumba Pat 9:10am	Sculpt/Pilates Cheryl	Challenge Christine/Marianne (9:30 – 10:30)	Kick Boxing George (9:30 – 10:30)
10:30 – 11:30am				Ball/Pilates +Stretch Christine + Pat 10:10am to 11:10am		*Ball/Pilates* Christine/Marianne	!Zumba! Shannon 10:45am
5:30 – 6:30pm	*Step* Christine	*Boot Camp* Marianne		Tae-Bo Christine			
6:15 – 7:15pm	Power Hour Christine	*Abs & Back* Marianne	Kick Boxing George	Zumba Shannon (6:30 - 7:30)	Kick Boxing George Every other Friday		
7:15 – 8:15pm	Boxing George \$5	Zumba Pat	Zumba Toning Pat 7:30pm to 8:30	No Yoga Class For Summer			

****45 minute class ! – New Class Zumba Non-Member Pricing – 10 pass \$95 – 20 pass \$170 \$ - Extra charge**

SPINNING SCHEDULE – EFFECTIVE June 8th, 20

\$ SPINNING \$	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
9:00-10:00 am	--	--	--	--	--	SHANNON	--
9:30-10:30 am	--	Off for summer	--	GREG	--	--	--
10:00–11:00am	--	--	--	--	--	--	SHAWN
11:15am – 12:45pm	--	--	--	--	--	--	--
6:00-7:00 pm	SHAWN	SHANNON	SHAWN	--	--	--	--
6:30-7:30 pm	--	--	--	SHAWN	--	--	--
7:15 – 8:15 pm	--	--	--	--	--	--	--

STEP

A high intensity workout that incorporates movements on the step board to increase the heart rate and challenge your cardio training.

AB'S AND BACK

A 45 minute non-cardio class that works the core (upper, mid, lower abdominal, obliques and lower back); helps flatten the stomach and improves posture.

POWER HOUR

High and low impact aerobics in an interval format. This is done back to back with a step component. The perfect workout!

CHALLENGE

Come prepared to sweat! Advanced high and low impact aerobics.

TAE-BOX

An interval class that combines kicking, boxing, punching and skipping to tone the entire body. Modify it to suit your own fitness level; you'll be glad you did.

BOOT CAMP

High-intensity cardio class at its best! This class incorporates tae-bo, power drills, basic step and weights for the perfect all around cardio.

KICK BOXING

A combination of tae-bo, kickboxing and martial arts packed into one high intensity cardio class.

BALL CLASS

Stability is the key to this class. Balance, co-ordination and control will all be improved while you complete a weight- training workout.

BALL/PILATES AND STRETCH

Stability and muscle toning using the exercise ball followed by Pilates movements and ending with a long stretching routine.

SCULPT

Weight training and abs are the basics of this class. All fitness levels are welcome; an instructor will teach you how to work with dumbbells in a supervised atmosphere.

CARDIO SCULPT

A weight training class with intervals of Cardio. Combines power Cardio, and segments of weight training for a full body workout.

ZUMBA

A fusion of Latin and International music-dance themes that create a dynamic, exciting, effective fitness system.

ZUMBA TONING

Zumba Toning takes your Zumba cardio workout to the next level by incorporating light hand weights to increase muscle resistance and tone your body.