



## GROUP TRAINING DESCRIPTIONS

**A.B.L. +1: Abs, Butt and Legs! Plus, one more exercise, coach's choice. All the areas you love to hit in a great workout.**

**AMRAP: As Many Reps/Rounds As Possible! A cardio strength and metabolic workout all 'repped' into one! You will perform as many reps of a single exercise as you can in a pre-determined period or as many rounds of several exercises as you can in a pre-determined period. This format will be a definite game changer to your overall fitness ability!**

**BOOTCAMP:** Drill training at its best! This full body workout targets all major muscle group with cardio and strength exercises, sometimes with just your bodyweight. Each session can be different so arrive early to find out what set up is needed. High intensity interval timing takes this Bootcamp workout to a whole other level!

**CARDIO CORE BARRE: CARDIO:** Low impact (not low intensity) cardio to increase aerobic ability, **CORE** training to increase stability and strengthen mobility. The Barre work highlights Ballet inspired training to promote balance, flexibility, range of motion, strength. **Best of all, dance experience is not required to benefit from this incredible workout.**

**CORE and MORE:** Stability Ball Training and Resistance Training equal a stronger and more reactive core. Get back to basics with the simple and efficient workout. Focus on form, quality of movement, and stability as you get more centred and stable. This is the perfect workout to wake up your body after a long COVID vacation from the gym!

**GRAVITY TRAINING:** Personal Group Training, one of the safest and most efficient ways to train! Function, core work, mobility and strength all happen at once, during every workout. One machine per person, no moving from your clean, dedicated space! Each session is led by Master Trainer Christopher Roche and can host 2 to 4 participants. Create your own training bubble! Contact Christopher@RosedaleClub.com

**GROUP CYCLING:** (45 min, 50 min, 60 min, Interval). You will ride in a Technogym Theatre studio featuring an interactive display paired with app. mapping technology to keep your workouts on track. Each ride is coach-led by professionals, set to powerful music and designed to make you forget you are working out. Follow the screen, or simply ride like the wind! 45 minutes will feel like 20. **Remember to log into 'MYWELLNESSAPP'.**

**5K+ Run (Cycling as Back up due to inclement weather). Get outside and run! Your coach will lead you between 5 KM and 7 KM and if the weather does not cooperate, no problem! The cycling studio is reserved as your back up plan! Always game on! MEET IN THE CYCLING STUDIO!**

**PILATES:** A full body strengthening system giving focus to the inner core. Think: LONG, LEAN and STRONG! This low-impact session will wake up your core, tighten and tone your abs, and target muscles that will improve your strength endurance, flexibility and alignment — all without using heavy weights. You will have fun while being challenged to wake those muscles you didn't know you had. Bring on the burn!

**POWER PILATES:** Up your Pilates game! Your teacher will guide you through demanding sequences on the floor that have you working against gravity and will add resistance options such as free weights, tubing, or bands. Bring your energy! Consult your teacher regarding movement limitations upon entering.

**POWER FLEX:** A session called Power Flex sounds like it should work you in a way that will get you stronger, increase lean muscle. It should make you MORE POWERFUL. **Power Flex does!** A total body Barbell work out. Hit every major muscle and then some! Tired? You will leave energized! Don't want to lift heavy? You probably should! You will only get more defined & stronger.  
*("But I don't want to get more defined or stronger" ..said no one, ever!)*

**RIPPED: Come rested and ready to DELIVER YOUR BEST in this METABOLIC CONDITIONING workout. Intense cardio and intense strength challenges with a "gotta keep it moving and burning" approach as you attack each exercise. Great for strength endurance training! Calorie burn!!**

**STRETCH:** A perfect addition to any Cardiovascular or Strength training workout. Release tight muscles: increase your range of motion and finish your session with a focus on breath and relaxation.

**T N T: Treadmill N' Train:** Powerful timed sets of treadmill running intermixed with elements of core work and strength training. The calorie burn +++ . Come rested and ready to lean in!!

**YOGA FLOW:** Hatha Yoga performed in a flow and set in a heated room. Temperature is based on the discretion of the teacher. Hatha Yoga Flow incorporates most yoga styles that can accommodate all levels of student. With regular practice, you can expect to notice greater mobility, increase in full body strength, increase self-awareness, a calming in the nervous system, and a more rested breath.

**YOGA RHYTHM FLOW:** Just like it sounds! Challenging flow set to music. Enjoy!

**HEATED YOGA:** A vigorous approach to Hatha Yoga performed in a heated room, up to 30\*. *\*Due to the heated room, this session may not be suitable for all participants and a family doctor should be consulted before participating.*

**ZUMBA:** It's a Latin dance throw down every time we press play! Dance, shake and groove your way to fitness in a class that feels like a party but delivers the results of an intense workout. Only taught by only certified Zumba teachers and set to music that simply makes you want to move! All you need to do is show up and smile!

**\*Never work beyond what you feel capable and confident to do, safely and successfully. Kindly inform your instructor if this is your first time in any session, or if for any reason you need to exit the session early. \*\*Not all sessions listed above are currently offered on the Group Fitness schedule. They are listed for your information for when they are reactivated!**