

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!

BOXFIT: This session is presented to you by an Amateur boxer and NCCP certified boxing coach. **BoxFit** is boxing with HIIT-style programing which involves a dynamic warm-up, a review and practise of the basic punches (if needed), boxing drills, bodyweight movements, and lots of core work! **Come hydrated!** (Boxing gloves or open palm fighting gloves not required but suggested. Wraps and gloves not provided).

BURN: This hybrid workout session combines upper and lower body movements, with elements of Pilates, strength training and incorporates a higher rep range with lighter hand weights. The Dance Barre **may** be incorporated as per Instructor session design.

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'.**

HIIT ROCK BTM: If you like to work your upper body, sorry, this workout is NOT for you! This sessions targets the lower body and will have your heart rate soaring. Glutes, Quads, and Hamstrings focused to give you a ROCK BTM. (Mayyyybe a few abs for good measure)! 😊

MET-EXPLODE: A cardio strength and metabolic full body workout all 'repped' into one! High heart rate raising drills, involving strength and lung burning cardio are employed to keep you uncomfortable and always challenged. Not for the faint of heart as recovery is on back order in this work out! Be rested, hydrated and ready to play!

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 weights. You will have fun while being challenged to wake those muscles you didn't know you had. Bring on the burn!

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

TBC: (Total Body Conditioning). Don't let the easy-going name fool you! TBC will make you stronger head to toe, using all the tricks in the book, but without the overload of heavy weights. Functional strength, mobility, balance, core strength, are key components to think about. This work out should be a part of everyone's regimen!

YOGA HATHA: Arguably, the most traditional of the Yoga forms and from which many other styles were developed. Although not the slowest of the Yoga styles, you will be guided through movements with a special emphasis on controlled breathing and alignment. While being mindful and 'present', you move your body thoughtfully and deliberately into different asanas (poses) that increase your endurance, strength, and flexibility. 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.

YIN AND CHILL: YIN Yoga demands a patient and mindful student. You will move slower, and hold poses longer, allowing you to establish a deeper connection to the asana. This session is primarily YIN 'inspired' and will have hatha accents and shall close with an enjoyable savasana.

YOGA FLOW: Flow Yoga, (Vinyasa) focuses on connecting the breath to your movements, which tend to be set at a faster pace than Hatha Yoga. In a vinyasa practice, you can expect to stay in a constant flow of movement.

ZUMBA: A Latin inspired dance work out! You can expect to be smiling and moving the entire time. This session is the definition of fun while you get more fit and is great for all levels of participant. Get your dancing fitness shoes on and get ready be inspired!

***Never work beyond what you feel capable and confident to do, safely and successfully.**

****Attending Late? Kindly, do not enter any session 5 minutes after it has begun. Additionally, please 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 should they be reactivated!**



GROUP TRAINING DESCRIPTIONS

Questions about the Group Training Program? Reach out to Christopher@RosedaleClub.com. We would love to hear from you!