



# Fall Group Fitness Schedule

**Fitness 360° & Spa**  
283 Northfield Dr. E Waterloo  
519.885.0072 [www.fitness360.ca](http://www.fitness360.ca)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-6:45am		6:00am-6:45am		6:00am-6:45am		
<b>Full Body Chisel</b> Mary Rose		<b>Rock Bottom &amp; Core</b> Mary-Rose		<b>Cardio Interval</b> Kerri	<i>*All Classes can</i>	<i>be high or low impact**</i>
	8:45am-9:30am		8:45am-9:30am		8:45am-9:45am	
	<b>HITT Mash up</b> Ainsley		<b>ATW</b> Taylor. H		<b>Full Body Chisel</b> Emily	
9:15am-10:00am	9:45am-10:45 am	9:15am-10:00am	9:35am-10:05am	9:15am-10:00am	10:00am-11:00am	9:30am-10:30am
<b>Cardio Interval</b> Kerri	<b>Yoga</b> Jaqui	<b>Spin Bootcamp</b> Kerri	<b>Coralates</b> Taylor. H	<b>Rock Bottom &amp; Core</b> Kerri	<b>Yoga</b> Jacqui	<b>Zumba Basics</b> Lydia
		10:30am-11:00am				
<b>**Classes have at least keep it on</b>	<b>need to 4 people to the schedule</b>	<b>Low Impact</b> Ainsley				
12:15pm-1:00pm	12:15pm-1:00pm	12:15pm-1:00pm	12:15pm-1:00pm		<b>CLUB HOURS</b>	
<b>Power</b> Kerri	<b>Spin</b> Kerri	<b>Full Body Chisel</b> Kerri	<b>Spin Bootcamp</b> Kerri		<b>Monday-Friday:</b> 5:00am-10:00pm <b>Saturday/Sunday:</b> 6:00am-8:00pm  519-885-0072	
5:30pm-6:30pm	5:30pm-6:30pm	5:30pm-6:30pm	5:30pm-6:30pm		<b>CHILD CARE</b>	
<b>Cardio Step</b> Andrea <i>(this class will only be running until Sept.24)</i>	<b>Yoga</b> Krista	<b>Circuits</b> Ainsley	<b>Zumba</b> Lisa		<b>Monday-Friday:</b> 8:45am-12:00pm* <b>Sat: 8:45-10:00am**</b> \$5/visit or \$20/month unlimited <b>Must call to book by *8pm the day before **by Fri. 1pm</b>	
6:30pm-7:30pm	6:30pm-7:30pm	6:30pm-7:30pm	6:30pm-7:30pm	6:15-7:15pm	<b>SPA HOURS</b>	
<b>Circuits</b> Amanda	<b>20/20/20</b> Val	<b>Cardio Interval</b> Emily	<b>Pilates Strength</b> Val		Book your Spa Services today! \$25 Spa Memberships available. See our full spa menu at <a href="http://www.fitness360.ca">www.fitness360.ca</a> Email or call to book now! <b>519-885-0072</b> <a href="mailto:spa@fitness360.ca">spa@fitness360.ca</a> Did you know we have Registered Massage Therapy? Have Coverage? Use it here!	
7:30pm-8:30pm	7:30pm-8:00pm	7:30pm-8:30pm	7:30pm-8:30pm			
<b>Zumba</b> Lisa			<b>Yoga</b> Trinh			

## **ALL CLASSES**

**All of our classes are geared to all fitness levels. Please talk to the instructor before class to address any concerns you may have.**

### **STRENGTHEN**

Using your body weight and hand weights, you will feel an all over muscle burn!

### **CIRCUITS**

You don't want to miss this exciting fast paced class! The class is designed for a full body workout while you move from one circuit to the next.

### **ATW**

Floor, ball and standing exercises to target just your upper half.

### **FULL BODY CHISEL**

Tone and tighten with cardio intervals & full body weight training.

### **STEP AND TONE**

Challenge yourself with an oldie but goodie! Step intervals with toning exercises for a full body workout.

### **ZUMBA**

This Latin inspired class gives a great full body workout. Dance your way to an improved physique.

### **YOGA/YOGA FLOW**

Calm and centre your body, mind and spirit. Define, tone and lengthen your muscles while gaining balance and mental clarity and improved flexibility.

### **ROCK BOTTOM & CORE**

Floor, ball and standing exercises to target just your lower half! Get a great workout for your legs butt and Core

### **LOW IMPACT**

If you feel like some classes are a little fast and hard to follow, join us for low impact where we slow the pace and workout form while we train our body using free weights.

### **POWER**

Strengthen your whole body with this entirely weight training based class. Top to bottom this full body weight workout will chisel your body shape into the shape you want!

### **SPIN BOOTCAMP**

If you don't really like the spin bike but want the benefits, this class is for you! Class changes weekly but there is always a spin component with a mixture of cardio and strength exercises. If you haven't tried it yet, come out and have some fun!

### **CARDIO STEP**

Step your way to improved cardiovascular endurance while toning your legs, glutes and hamstrings!

### **SPIN**

The most effective calorie burner! Tone your legs, lift your butt and strengthen your core! Spin class is a fun cardiovascular and strengthening workout with zero impact to your joints. Your instructor will help you build your cardiovascular fitness, muscle strength and endurance. Classes are for all levels from beginner to advanced.

### **PILATES STRENGTHEN**

Use your body to strengthen your muscles. A great addition to your workout routine.

### **CARDIO INTERVAL**

Tired of the same old class? This cardio, weight training class will surprise you each week. What will it be? Spin, treadmill, elliptical - upper or lower body - or both? You will have to come to find out!

### **20/20/20**

Tired of the same old thing? Come mix it up with this combination workout. This class is great and will fly by as you do 20 mins of upper body strength work, 20 mins of lower body work and 20 mins of cardio/abs. You will feel amazing when you are done!

### **CORALATES**

Strengthen your core, lengthen and tone your muscles with this new class designed to give you a pilates experience and wittle your middle!