



Winter Group Fitness Schedule

Fitness 360° & Spa
283 Northfield Dr. E Waterloo
519.885.0072 www.fitness360.ca

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---------------------------------------|--|--|--------------------------------|
| 6:00am-6:45am | | 6:00am-6:45am | | 6:00am-6:45am | | |
| Full Body Chisel Mary Rose | | Rock Bottom & Core Mary-Rose | | Cardio Interval 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 | |
| | HITT Mash up Ainsley | | ATW Taylor. H | | Full Body Chisel 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 |
| Cardio Interval Kerri | Yoga Lindsay | Spin Bootcamp Kerri | Core Conditioning Taylor. H | Rock Bottom & Core Kerri | Yoga Natalie | Zumba Lydia |
| | | 10:30am-11:00am | | 10:30am-11:00am | | |
| **Classes have at least keep it on | need to 4 people to the schedule | Low Impact Ainsley | | Low Impact Ainsley | | |
| 12:15pm-1:00pm | 12:15pm-1:00pm | 12:15pm-1:00pm | 12:15pm-1:00pm | | CLUB HOURS | |
| Power Kerri | Spin Kerri | Full Body Chisel Kerri | Spin Bootcamp Kerri/Taylor | | Monday-Friday: 5:00am-10:00pm Saturday/Sunday: 6:00am-8:00pm 519-885-0072 | |
| 5:45pm-6:30pm | 5:45pm-6:30pm | 5:45pm-6:30pm | 5:45pm-6:30pm | 5:45pm-6:30pm | CHILD CARE | |
| Circuits Ainsley | Yoga Natalie | Zumba Lisa | | Step & Tone Miranda | Monday-Friday: 8:45am-12:00pm* Sat: 8:45-10:00am** \$5/visit or \$20/month unlimited Must call to book by *8pm the day before **by Fri. 1pm | |
| 6:30pm-7:30pm | 6:30pm-7:30pm | 6:30pm-7:30pm | 6:30pm-7:30pm | | SPA HOURS | |
| Zumba Lisa | 20/20/20 Val | Cardio Interval Emily | Pilates Strength Val | | Book your Spa Services today! \$25 Spa Memberships available. See our full spa menu at www.fitness360.ca Email or call to book now! 519-885-0072 spa@fitness360.ca 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 | | | |
| | | | Yoga 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.

CORE CONDITIONING

Strengthen your core, lengthen and tone your muscles with the class that is designed to give you that core strength you long for! Come out and whittle your middle!

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.

HIIT Mash up

This class is all about the intervals! This class combines weights and cardio intervals that will help burn body fat and increase your endurance!

ZUMBA

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

YOGA

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!

STEP & TONE

Join us as we take you through some traditional step moves while incorporating weights with the workout. You will leave feeling energized and stronger!

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!