

Registration begins 1 week prior to the next month of classes. You can pre-register for each class you plan on attending. You may cancel according to our cancellation policy in our member handbook, if you fail to cancel and don't show you will be charged. ANYONE MAY PURCHASE FITNESS PUNCH CARDS.

### **Arm Core & More:**

For anyone wanting to give the legs a breather with a mix of building strength, muscle, and endurance through intense upper body and core exercises peppered with cardio bursts.

### **Barre Fitness:**

Based on physical therapy exercises, Barre Fitness is high intensity, low impact interval training to get cardio and sculpting all in one class. All levels welcome, no dance experience needed.

### **Butts & Guts:**

This class will focus on the legs, glutes, and core...Exercises will incorporate hand held weights, steps, mat work, and balance activities. Cardio will also be included by using plyometrics to kick start your heart rate.

### **Cardio Step & Sculpt:**

An interval training fitness class of peaks and valley. The intensity ranges from high to medium intensity cardio moves combined with muscle conditioning and power moves. It is designed to maximize your strength and cardio stamina. This class can be taught in a variety of format in a six weeks session to ensure cross training for busy people. In this class sometimes, STEP is used for intensity purpose or STEP is used for "step" moves, spinning bikes for cardio and leg workout, hand weights, floor mat, resistance band, body bar, and your own body to complete this hour-long workout. Options are given to accommodate all fitness levels from beginner to advance.

### **Cyclemania:**

Bike your way into this fun, high energy fitness class! No matter what level you ride - you will get motivated and in shape fast. As you listen to all kinds of great music, you choose your own speed and intensity. Routines are different each week and will take you along flat roads, climbs, sprints, and a variety of moves to get you there. Don't forget a water bottle, sweat towel, stiff soled gym shoes or bike shoes, and padded bike shorts recommended. **Higher Level Class**

### **Down N' Gritty:**

A non-stop, full-body, no equipment cross-training class designed to improve muscular endurance, agility, and overall conditioning.

### **Flex Ability:**

Flex Ability class is designed to safely increase flexibility and joint stability. This class utilizes a thorough, cardio based warm-up to raise your muscle temperature to the optimal point for stretching (a degree or two above regular body temperature.) Flex Ability is different from our everyday stretching because it utilizes active flexibility training, (using the muscles to gently move you into a deeper stretch.) This differs from passive stretching, which uses an external force, and can push the body outside of muscular support. This class also utilizes gym equipment, including straps, blocks, resistance bands and the barre, to transform stretching into a perfectly individualized and enjoyable experience. This class includes a combination of muscle strengthening exercises and stretching techniques. It will work wonders on its own, or as a wrap-up to your workout.

### **IM=X Pilates:**

Lengthen your spine, strengthen your core and improve your flexibility & overall strength with this innovative Pilates class. All levels are welcome!

### **Kung Fu:**

The Shaolin program in Fraser Valley is designed to introduce several styles within the Art, including Tai Chi, Animal styles, classical weapons and practical self-defense techniques. Beginners learn the internal aspects of Shaolin with simple Chi-Kung exercises and a 24-posture combined style Tai Chi form and are introduced to the external aspects of the Art through basic stances, sparring, and eagle claw self-defense techniques. As students' progress they learn many more styles, including things like Tiger, Crane, Monkey and Mantis; weapons like Bow Staff and Er Chie Ku as well as other internal arts like Pa Kua Chang and Hsing I

Chuan. Advanced students also practice complex styles like the Fists of Flower Mountain and Drunken Immortal Boxing, adding weapons like Broadsword, Spear and 3-sectional Staff. Fraser Valley Recreation classes in Shaolin meet twice a week on Monday and Wednesday evenings. Students are encouraged to practice and advance at their own pace and instructors are available to assist students outside of class times on a limited basis.

### **Liquid Fitness:**

Class moves between the chest deep and very deep water to keep this aqua workout super interesting! Burn calories and tone muscles without the impact of land exercises. All fitness levels work together in a non-competitive, friendly environment.

### **Mat Pilates:**

Pilates is a method of physical movement designed to stretch, strengthen and balance the body. The focus of Mat Pilates is strengthening the core, incorporating the whole body so that postural symmetry, flexibility, joint mobility and muscular strength are all results. Using props and the classic Joseph Pilates exercises, you will leave this class feeling stronger, leaner, longer and energized. All levels. Min 5/Max 20

### **Yoga Fusion:**

Yoga Fusion blends traditional yoga postures with other low impact exercises such as Pilates and toning. This class will work towards improving balance, strength, and flexibility. It is a dynamic class which allows time for stillness, breathing, body awareness and hands on adjustments from the instructor. Props such as blocks, blankets, bolsters and straps are available to support and enhance the poses. All levels welcome as modifications are given as needed.

### **Power Sculpt:**

This is a high intensity, high energy, short duration intervals and circuits combining power movements and strength training used to define all major muscle groups of the body. If you are serious about exercise and your workouts- this class is for you. Be prepared to work at a higher level of cardiovascular endurance and push yourself to the next level. Each class is different and uses a variety of equipment and weights. **Higher Level Class**

### **Ring of Fire:**

Feel the excess calories burn away in this high intensity, full-body circuit workout. Ring of Fire begins with a thorough aerobics style warm-up, and ends with a cool-down to minimize muscle soreness. The bulk of this class consists of three rotations through a circuit. The three rotations target the lower body, core, and upper body respectively. Each rotation will include a large variety of equipment, including: free weights, resistance bands, physio balls, and even the barre. This equipment will be used in different ways during each rotation, in order to target different muscle groups, and give you creative ideas to incorporate into your personal gym time. Modifications will be available for each exercise, allowing anyone to participate, and to choose their ideal challenge level

### **Silver Sneakers® Splash:**

Activate your aqua exercise urge for variety! This class offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a kickboard is used to develop strength, balance and coordination.

### **Silver Sneakers® Circuit:**

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

### **Silver Sneakers® Classic**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

### **Silver Sneakers® Yoga:**

This class is designed to challenge you physically and mentally with a variety of simple and safe yoga exercises that you will do at your own pace. Using a chair for support, you will increase flexibility, build endurance and learn how to relax and think more clearly. Class is held

on a wood floor so indoor shoes are required for the class, no outdoor shoes/boots and no stocking feet.

cardio, chisel your core and fix up flexibility and balance with yoga poses.

### **Spin Circuit:**

Get results with this high intensity interval Spinning combined with strength exercises targeting all muscle groups. This class starts with a warm up and stretches. You will then be on the bike spinning anywhere between 1 minute to 10 minutes at a time, getting off the bike to complete a circuit and back on the bike to finish a couple of more rounds. Circuit workout will incorporate a variety of exercises as well as using hand weights and other props around the gym. We will end the class with an AB workout and cool down. You will need athletic shoes and water bottle. We will have a lot of fun so also bring along your energy and a great attitude!

### **Spin 'n Sculpt:**

Spin 'n Sculpt is split into two-30-minute sections; 30 minutes spent indoor cycling and then 30 minutes for sculpting the body. This is a combo class format which can utilize many types of equipment in addition to the spin bike. Equipment such as hand weights, sport cords, kettle bells, fit discs and exercise balls can be used to train the major muscle groups, paying special attention to the upper body and core since the legs were "hammered" during the spin. This class can accommodate all fitness levels. If wearing cycling shoes, bring gym shoes for the second half of the class. Towel and water bottle also strongly recommended

### **Spin/Strength/Stretch:**

One full hour divided up into two-30-minute segments: 20 Minutes Spin/20 Minutes Cardio and Strength work/20 minutes Yoga! This all level class will challenge everyone and give you a taste of a little bit of everything.

The class begins with a warm up and workout on the spin bikes followed by the cardio/strength portion which will vary week to week including circuits/weights/steps/etc. The class finishes up with 20 minutes of gentle yoga including stretching and mobility work. A fast-paced class that will leave you strong and stretched!

### **Winter Conditioning:**

This class utilizes metabolic resistance training to burn calories, build muscle and elevate metabolism. The format is a timed set circuit which will include kettle bells, sandbags, training ropes, medicine balls, physio balls and body weight exercises. Stations will accommodate two people so bring a friend and workout together. Water bottle and towel are recommended.

### **Yoga for Every Body:**

In this class we will blend traditional Hatha and Vinyasa yoga. Yoga is for every type of body and every person who has the desire to connect their physical body and spirit through movement and deep stretching. We will explore slow flow and the twists and turns of yoga in relation to life and our personal intentions. As we move through Vinyasa flow, continuous movements will help you stretch each muscle and strengthen it simultaneously. This increases your range of motion as well as mobility. We will sync our breathing with our movements, bringing fresh oxygen to fuel and loosen up all muscles. When the muscles are flexed, the stress is released and reduced from the ligaments, joints, and tendons. This prevents injuries, tears, and muscle pulls. This is an inclusive yoga class and I encourage all levels to join. When on our mats, we are all yogis, finding the spaces between our asanas. Props will be used to deepen our practice and for gentle modifications.

#### **New for December – FITNESS CLASS PASSES**

**Before every fitness class all participants are required to check in with the front desk and get a fitness pass to the class they are attending. The pass is to be given to the instructor and then participants must sign into class roster.**

**Instructors will not allow you into the class without the pass.**

