

# GROUP EXERCISE

BEGINNING JAN 2, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>9:30-10:20 AM</p> <p><b>CHAIR FIT</b></p> <p>Shanna</p>	<p>9:30-10:20 AM</p> <p>FUNCTIONALLY FIT</p> <p>Andrew</p>	<p>9:30-10:20 AM</p> <p><b>CHAIR yoga</b></p> <p>Zosia</p>	<p>6:15-7:00 AM</p> <p><b>BOOTCAMP</b></p> <p>Abbie</p>	<p>9:30-10:20 AM</p> <p><b>BOOTCAMP</b></p> <p>Abbie</p>	<p>11:00-11:50 AM *</p> <p><b>BOOTCAMP</b></p> <p>Shanna</p>
	<p>12:10-12:50 PM</p> <p><b>BOOTCAMP</b></p> <p>Shanna</p>	<p>10:30-11:20 AM</p> <p>FUNCTIONALLY FIT</p> <p>Andrew</p>	<p>12:10-12:50 PM</p> <p><b>BOOTCAMP</b></p> <p>Andrew</p>	<p>9:30-10:20 AM</p> <p>FUNCTIONALLY FIT</p> <p>Abbie</p>	<p>10:30-11:20 AM</p> <p><b>BOOTCAMP</b></p> <p>Abbie</p>	<p>* FRIDAY EVENING AND SATURDAY CLASSES ARE OFFERED ON ALTERNATING WEEKS. PLEASE CHECK THE APP FOR AN UP TO DATE SCHEDULE.</p> <p>REMEMBER TO SIGN UP FOR CLASS!</p> <p>RESERVE YOUR SPOT IN A CLASS BY USING THE HEALTHPLEX APP OR BY CONTACTING THE MEMBER SERVICES DESK.</p>
	<p>4:30-5:00 PM</p> <p><b>SPIN30</b></p> <p>Abbie</p>	<p>12:10-12:50 PM</p> <p><b>LIFT</b></p> <p>Zosia</p>	<p>4:30-5:20 PM</p> <p><b>GGG</b></p> <p>Olivia</p>	<p>11:00-11:50 AM</p> <p><b>FUNCTIONAL LIFT</b></p> <p>Candace</p>	<p>12:10-12:50 PM</p> <p><b>SPIN+</b></p> <p>Zosia</p>	
	<p>5:30-6:20 PM</p> <p><b>GGG</b></p> <p>Olivia</p>	<p>4:30-5:20 PM</p> <p><i>Fusion</i></p> <p>Becky</p>	<p>5:30-6:20 PM</p> <p><b>ZUMBA</b></p> <p>Pammy</p>	<p>12:10-12:50 PM</p> <p><b>STEP ZONE</b></p> <p>Abbie</p>	<p>5:30-6:20 PM *</p> <p><b>BOOTCAMP</b></p> <p>Shanna</p>	
	<p>6:40-7:30 PM</p> <p><i>yoga</i></p> <p>Sue</p>	<p>5:30-6:20 PM</p> <p><b>STEP ZONE</b></p> <p>Abbie</p>		<p>5:30-6:20 PM</p> <p><b>LIFT</b></p> <p>Shanna</p>		
		<p>6:40-7:30 PM</p> <p><b>TABATA</b></p> <p>Abbie</p>				

## GROUP EXERCISE ETIQUETTE

- ARRIVE 10 MINUTES EARLY FOR CLASS TO SET UP YOUR STATION
- ADVISE INSTRUCTOR PRIOR TO CLASS OF ANY PRE-EXISTING INJURIES
- PLEASE WEAR CLEAN INDOOR SHOES AND PLACE BAGS IN LOCKERS
- BE SURE TO WIPE DOWN YOUR MAT/EQUIPMENT WHEN FINISHED
- IF LEAVING EARLY, PLEASE ADVISE INSTRUCTOR PRIOR TO CLASS
- PLEASE PLACE EQUIPMENT BACK IN ORIGINAL RACKS/LOCATION

BOOKINGS FOR THE UPCOMING WEEK WILL OPEN EXACTLY 1 HOUR AFTER THE START TIME OF THE CURRENT WEEK'S CLASS.

## DOWNLOAD OUR APP FOR EASIER CLASS BOOKING!



App Store



Google Play



## HEALTHPLEX HOURS

MON: 6AM-10PM  
TUES: 6AM-10PM  
WED: 6AM-10PM  
THURS: 6AM-10PM  
FRI: 6AM-8PM  
SAT: 7AM-5PM  
SUN: 10AM-4PM

## FOLLOW US & STAY UP-TO-DATE!



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GROUP EXERCISE CLASS DESCRIPTIONS		CLASS CAPACITY
	Boot Camp combines the best of cardiovascular and strength training into an exciting circuit format. Expect to challenge your mind and body as you alternate between high and low intensity exercises through timed intervals of free weights, plyometrics and conditioning.	16
	Enjoy this blend of Chair Yoga and Functionally Fit! Chair Fit is designed to get the energy flowing through your body as you accomplish a full body stretch. Focusing on balance and coordination, with the assistance of a chair, this class combines standing poses, light weights, and stretch bands. This class is for all ages and requires NO previous yoga experience.	20
	This yoga class is designed for all ages and abilities as all postures are done seated or standing while using a chair. Chair Yoga is great for those who want to improve balance, endurance and physical movement.	20
	This unique class is designed for members of all levels, including those with limited mobility due to age, injury, etc. This circuit-style class is completely modifiable based on your needs, with a focus on improving strength, posture and mobility. Great for beginners!	16
	Join us for dynamic strength training with a focus on functional movements. Each session enhances strength, mobility, and overall fitness through purpose and intention. Whether new to fitness or a seasoned enthusiast, find supportive camaraderie and achieve milestones together.	16
	Experience a dynamic blend of Pilates and Yoga in this intermediate class, designed to enhance core strength, flexibility, and balance. Engage in exercises that combine the precision of Pilates with the flow of Yoga, integrating breath and mindfulness for a holistic workout. Ideal for those with a foundation in both disciplines, this class will challenge and deepen your practice.	20
	Glutes, Guts and Guns – a.k.a. - GGG - the name says it all! This class is the perfect triple threat – combining easy isolation exercises to get your glutes in tip top shape, melt your gut and add the right kind of tone to your arms.	16
	Squat, Hinge, Lunge, Push, Pull, Carry — These movements are the foundation of this class, and the foundation of movement in every day life. In LIFT, expect a slower pace and challenging weights, with detailed instruction on technique while targeting all the major muscle groups. LIFT hard so you can rock LIFE!	16
	This class has it all! Spin+ includes the perfect cardio session PLUS an effective strength component including a combination of weights and body weight. Space is limited - remember to reserve your bike!	12
	The perfect cardio session for beginners and avid cyclists alike. This 30 minute spin class offers you a fully adaptable workout that's sure to burn a ton of calories! Space is limited - remember to reserve your bike!	12
	Get ready for an energetic workout in the StepZone! This fun, all-levels class combines choreographed step routines to upbeat music, boosting your heart rate and toning your muscles. Whether you're a seasoned stepper or a first-timer, you'll leave feeling fit and energized!	14
	Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time. This class is High Intensity Interval Training at it's finest!	16
	This gentle yoga practice invites you to learn an intuitive movement system called "Organization & Activation." There is a focus on building stability and strength, which safely increases range of motion over time. Postures are very accessible, moving through a slower paced practice which results in skillful movement and high performance aging.	20
	Zumba® classes feature exotic rhythms set to high-energy, Latin and international beats – it's a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating!	20