

TPASC Group Fitness Schedule

March 31 – June 22

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday												
8:10am – 9:00am		CYCLING Steve (Studio 2) 7:30am-8:20am	TAI CHI Linda Z (Studio 2)	CYCLING Cindy (Studio 2)	MINDFUL YOGA Mary (Studio 2)	CYCLING Bela (Studio 2) 8:00am-8:50am	TOTAL CORE Subanki (FC) 8:15am - 9:00am												
9:10am – 10:00am	SYNRGY Jota (FC)	TOTAL BODY Cindy (Studio 2)	SYNRGY Jota (FC)	TABATA Cindy (Studio 2)	DEEP AQUAFIT Lena 9:30am - 10:20am	SYNERGY Subanki (FC)	HATHA YOGA Christine (Studio 2)												
	AQUA POWER Kirill (Deep) 9:30am - 10:20am	SYNRGY Kirill (FC) 9:30am -10:20am	DEEP AQUAFIT Elena 9:30am – 10:20am	TOTAL CORE Arden (FC) 9:30am -10:15am															
10:10am - 11:00am	HATHA YOGA Christine (Studio 2)	HATHA YOGA Sofia (Studio 2)	HATHA YOGA Christine (Studio 2)	PILATES Sofia (Studio 2)	SYNRGY Hristos (FC)	BOSU STRONG Kathleen (FC)	ZUMBA Shantel (Studio 2)												
11:10am – 12:00pm	BETTER BONES Lynda (Studio 2)	PILATES Sofia (Studio 2)	BODYCOMBAT Elena (Studio 2)	HATHA YOGA Sofia (Studio 2)	BARRE-PILATES Lena (Studio 2)	SYNERGY Ignacia (FC)	SYNRGY Arden (FC)												
		SHALLOW AQUAFIT Elena 11:30am – 12:20pm			AQUA COMBAT Elena (Shallow) 11:30am – 12:20pm	ZUMBA Shantel (Studio 2) 12:10pm - 1:00pm													
12:10pm - 1:00pm	TOTAL CORE Hristos (FC) 12:15pm - 1:00pm	HIIT Hristos (Studio 2)	PILATES Kim (Studio 2)	SYNRGY Arden (Studio 2)	CHAIR PILATES Lena (FC)	TOTAL BODY Omar (Studio 2) 1:10pm - 2:00pm													
	SYNRGY Jacob (FC)		ZUMBA Shereen (Studio 2)																
	SHALLOW AQUAFIT Elena 2:00pm - 2:50pm		AQUA ZUMBA Shereen (Shallow) 2:10pm - 3:00pm	GENTLE YOGA Suba (Studio 1)															
6:10pm – 7:00pm	ZUMBA Katie (Studio 2)	BARRE Mary (Studio 2)	CYCLING Lynda (Track)	ZUMBA Kristen (Studio 2)	<table><tr><td></td><td>Cardio Class</td><td></td><td>Aquatics</td></tr><tr><td></td><td>Resistance</td><td>"FC"</td><td>Fitness Centre</td></tr><tr><td></td><td>Yoga/Pilates</td><td colspan="2">*Studios located on Level 3</td></tr></table> <p>PLEASE PRE-REGISTER FOR CLASSES TO SAVE YOUR SPOT Registration opens 48 hours before the class start time. Register through the app or at https://tpasc.ezfacility.com/Session</p>				Cardio Class		Aquatics		Resistance	"FC"	Fitness Centre		Yoga/Pilates	*Studios located on Level 3	
								Cardio Class		Aquatics									
	Resistance	"FC"	Fitness Centre																
	Yoga/Pilates	*Studios located on Level 3																	
CYCLING Cindy (Track)																			
7:10pm - 8:00pm	TOTAL BODY Lynda (Studio 2)	CYCLING Bela (Track)	TOTAL BODY Eduardo (Studio 1)																
8:10pm – 9:00pm	POWER YOGA Julie (Studio 2)	PILATES Kim (Studio 2)	HATHA YOGA Julie (Studio 1)	TAI CHI Linda L (Studio 2)															

Class Descriptions

Aqua Combat: a water-based fitness class that combines the high-energy workout of Body Combat with the resistance and buoyancy of water. It provides a fun, low-impact workout that enhances cardiovascular fitness while minimizing stress on the joints.

Aqua Zumba: a water-based fitness class that combines the energetic dance moves of Zumba with the resistance and buoyancy of water. It provides a fun, low-impact workout that enhances cardiovascular fitness while minimizing stress on the joints.

Barre: inspired by ballet, it combines elements of strength training, stretching, and balance exercises, often done with a ballet barre for support. It focuses on small, controlled movements to tone and sculpt muscles, particularly targeting the core, legs, and glutes.

Body Combat: a high-energy workout that combines moves from various martial arts, such as kickboxing, karate, and Muay Thai, to deliver a full-body cardio and strength training session. It features powerful, rhythmic movements set to upbeat music, designed to boost fitness, coordination, and stamina.

Bosu Strong: this class uses the BOSU balance trainer—a half-ball on a flat base—to perform a variety of strength and stability exercises. The class combines dynamic movements and resistance training with the BOSU to improve core strength, balance, and overall fitness.

Gentle Yoga: a slow-paced practice that emphasizes relaxed, accessible poses and deep breathing to promote relaxation, flexibility, and balance. It's ideal for beginners or those seeking a calming and restorative experience without intense physical demands.

Hatha Yoga: a gentle and foundational style of yoga that emphasizes basic postures, breathing techniques, and relaxation to improve flexibility, strength, and balance. It's ideal for beginners and those seeking a slow-paced, mindful practice.

Mindful Yoga: integrates traditional yoga poses with a focus on present-moment awareness and conscious breathing, aiming to cultivate a deep connection between body and mind. It emphasizes a thoughtful, meditative approach to movement and relaxation, enhancing both physical and mental well-being.

Pilates: a low-impact exercise that focuses on strengthening the core, improving flexibility, and enhancing overall body alignment through controlled, precise movements. It develops stability, balance, and muscle tone.

Power Yoga: a dynamic and intense form of yoga that combines vigorous physical movement with breath control, aiming to build strength, flexibility, and endurance. It often features a flowing sequence of poses that challenge both your body and mind.

Synrgy: a high intensity bootcamp-style class that will surely have you heart and muscles pumping! Using the Synrgy 360® in the Fitness Centre, participants are taken through a cardio and strength-based circuit that works the entire body.

Tabata: a high-intensity interval training (HIIT) workout consisting of short bursts of intense exercise followed by brief rest periods. Each exercise is performed for 20 seconds at maximum effort, followed by 10 seconds of rest, repeated for a total of four minutes per exercise.

Tai Chi: a gentle martial art that involves slow, flowing movements and deep breathing, designed to improve balance, flexibility, and relaxation. Often described as "meditation in motion," it focuses on cultivating inner calm and physical grace.

Zumba: a lively dance fitness class that blends energetic Latin music with dynamic dance moves. It's designed to be a fun, full-body workout that combines cardio with easy-to-follow routines, making exercise feel like a dance party.