



GROUP FITNESS SCHEDULE

The Esplanade (416) 366-9966
Effective June 21, 2010

MON	TUE	WED	THUR	FRI	SAT	SUN
		7:00-8:00am YOGA Vince <i>(NEW TIME)</i>				
9:30-10:30am YOGA Jair					10:00-11:00am BIKE Kevin	
			10:30-11:30am FUSION TONING Francisca <i>(NEW FORMAT)</i>		11:00-12:00pm Wynndurance Kevin	
MID-DAY CLASSES						
	12:15-1:00pm Wynndurance Virginia	12:15-1:00pm BIKE Varissa				
EVENING CLASSES						
				<p align="center">SUMMER SCHEDULE! (JUNE 21 - SEPT 12)</p> <p>It's HOT out there...Stay hydrated! Drinking enough water regularly helps the body function properly, optimizing physical performance and bodily functions.</p> <ul style="list-style-type: none"> - try to drink some fluid every 1/2 hour throughout the day, not just when thirsty. - drink fluids before, during and after exercise. - always have a bottle of water or sports drink with you when working out. <p>Kevin Majchrzak - Group Exercise Manager kevin.majchrzak@gmail.com</p>		
5:30-6:30pm Latin Jam Paul		5:30-6:30pm BOOT CAMP Kevin				
6:35-7:00 25 Min Abs Paul	6:00-7:00pm BIKE Beth	6:35-7:00 25 Min Abs Kevin	6:00-7:00pm BIKE Kevin			
			7:00-8:00pm YOGA Jair			



WE CHANGE LIVES

www.wynnfitness.com



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CARDIO CLASS DESCRIPTIONS:

BIKE - Participants achieve their cardiovascular, and muscular strength goals thru the use of musically defined rhythms and cycling drills. Beginners are welcome!

Boot Camp - A timed interval class, using plyometrics, callisthenics, and strength exercises to challenge both your cardio and muscular fitness. All levels welcome.

MUSCLE CONDITIONING CLASS DESCRIPTIONS:

Wynndurance - Our Signature class! Challenge your muscles by completing 4 consecutive minutes of exercises for each body part. You will test your endurance and sculpt your body!

25 Min Abs- Just That. Take 25 minutes to work on all those core muscles. Good for any level.

MIND BODY CLASS DESCRIPTIONS:

Fusion Toning - A faster paced mind/body class combining yoga postures, Pilates, weights and fitness moves to lengthen and strengthen muscles used in everyday activities. Bring your yoga mat!

Yoga- A blend of yoga styles and traditions, the class will create strong foundation through the use of fundamentals and alignment while connecting with the breath and inner rhythms. Bring your yoga mat!

DANCE CLASS DESCRIPTIONS:

Latin Jam - Feel the salsa rhythm. This one hour Latin inspired cardio class is progressive and good for any fitness level. Take it at your own pace and have fun!

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