

GROUP FITNESS CLASSES

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|---|---|---------------------|---|---|--|
| 6:00 am | Rise & Ride x | Yoga x | Rise & Ride x | Yoga x | GST x | |
| 7:15 am | | | | | | 7:30 am Ride |
| 8:15 am | Circuit Fit |  ZUMBA [®] FITNESS | GST | Ride | YOGA | 8:30 am  ZUMBA [®] FITNESS |
| 9:30 am | Ride | GST | Ride | Body Blast |  ZUMBA [®] FITNESS | 9:30am GST |
| 4:00 pm | | | | | | |
| 4:30pm | | | | | | |
| 5:30 pm | Ride | GST | Body Blast |  ZUMBA [®] FITNESS | | |
| 6:30 pm |  ZUMBA [®] FITNESS | Ride | *Dance Blast | Yoga | | |
| 7:30 pm | |  ZUMBA [®] FITNESS | | | | |



Club Hours
Monday-Friday 5:00am to 11:00pm
Saturday & Sunday 7:00am to 9:00pm

Child Care Hours
Monday-Friday 8:00am to 12pm, Saturday 8:15 am – 12pm
Monday–Thursday 5:00pm to 7:30 pm

*Registered Programs
Dance Blast
Zumbatomic

X= Express class 45 mins

GROUP FITNESS DESCRIPTIONS

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|  <p>“Ditch the workout, Join the Party!” Zumba Fitness® is the only Latin-inspired dance fitness program that blends red-hot international music, created by Grammy Award winning producers and contagious steps to form a “fitness party” that is downright addictive. \$8.00 for non members.</p> | <h2>Body Blast</h2> <p>This challenging cardio- & strength based class provides an unlimited cardio workout while strengthening and toning the entire body. Full of fun fitness toys and challenging drills .. remember to bring a towel and your water bottle.</p> | <h2>CIRCUIT FIT</h2> <p>This class combines strength training and cardio moves for a quick paced fat burning, muscle building class. All levels of fitness will feel comfortable in this class. Each move is performed for 60 seconds and then switched so your mind stays active too! There is no time to “watch the clock” in this class!</p> | <h3>COMPLIMENTARY FITNESS ASSESSMENTS</h3> <p>Great West Group Fitness is meant to be FUN and YES .. help you achieve your FITNESS and HEALTH goals. Anyone at any fitness level can join in! At Great West we’ve taken steps to ensure you don’t drop out because of an injury. Our Personal Training department offers complimentary Fitness Assessments and have Physiotherapy services available to keep you moving. Don’t let an injury get in the way of your goals. Talk to a personal trainer for your free assessment today!</p> |
| <h2>YOGA</h2> <p>“be the chill you want to see in others” This is a traditional yoga class. This class is designed not only to improve strength and flexibility but to bring a stillness to the mind and heart helping to manage stress effectively.</p> | <h2>G.S.T.</h2> <p>group strength training A total body workout using barbells and free weights. Targeting all major muscle groups. Great for the new to free weights or if your looking to mix it up.</p> | <h2>RIDE</h2> <p>A true cardiovascular workout full of great music to climb, speed, and race up and down hills to. Its low impact and for all levels. New to class .. tell your instructor .. they’ll tell you how to cheat!</p> <p>* cycle passes are available up to 1 hour prior to class time. Please call the front desk to reserve yours.</p> | <h2>ASK FOR A CLASS PASS!</h2> <p>Ask your instructor or check in at the front desk to request a GUEST PASS for a relative, co-worker, or BFF! If your guest loves their experience and wants to join in the fun .. we have a special gift for you!</p> <p>*some restrictions may apply</p> |
|  <p>This one is for the kids. This Zumba class is designed especially for our future Great West Fitness and Tennis members. Drop the kids off get in and get your own work out in while your kids dance away. They will have so much fun they wont even know it's healthy!Two classes divided by age groups. Registered Program 1 month per session.</p> | <h2>Dance Blast</h2> <p>Join Mary Wednesday nights at 6:30 for a funky way to get fit! Mary incorporates all mainstream styles of dance to keep you moving and put a smile on your face. See front desk for details.</p> | <h2>Power UP! and Core Camp</h2> <p>Power up is a great way to strengthen and tone your upper body, injected with some heart rate raising moves to fire your metabolism. Core Camp – what more can we say use this half hour to strengthen and tone those muscles that wrap around your waist! Chisel your abs into a six pack in this class.</p> | |