

2019	8:00 or 8:30 AM	9:00 or 9:15 AM	9:30 or 9:45 AM	10:15 or 10:30 AM	12:10 PM	5:00 PM	5:30 or 5:45 PM	6:45 PM	
MONDAY	8:00AM STRENGTH & TONE L1-3 CINDY 75 MIN	9:15AM HATHA YOGA L1-3 DEVON 60 MIN	9:30AM BOOTCAMP L 2-3 CHRIS 60 MIN	10:30AM VINYASA YOGA L1-3 DEVON 60 MIN		360 CORE L1-3 ANDREW 30 MIN	WILDCARD L1-3 ANDREW 60 MIN	ZUMBA L1-3 AMBER 60 MIN	
	8:00AM YIN YOGA MICHELLE L1-3 60 MIN		9:30AM WATER FITNESS L1-3 CINDY 60 MIN	10:30 AM ZUMBA TONING L1-3 AMBER 60 MIN			HATHA YOGA L1-3 KAREN 60 MIN		
TUESDAY	8:00AM Wild Card KASEY 45 MIN	WILDCARD L1-3 KASEY 60 MIN		ZUMBA 10:15-10:45am BOLLY X 10:45-11:15am TAMARA 60 MIN	TOTAL SPIN L1-3 DANIELLE 60 MIN	HIIT L1-3 KARISSA 60 MIN			
		AQUA ZUMBA L1-3 AMBER 60 MIN							
		HATHA L1-3 DEVON 60 MIN							
		SPIN AND HIIT L2-3 DANIELLE 60 MIN							
WEDNESDAY	Circuit with Cindy 8:00AM L1-3 CINDY 45 MIN	FIT 4 LIFE L1-3 CINDY 60 MIN		10:15 WATER FITNESS L1-3 CINDY 60 MIN		360 CORE L1-3 HEATHER 30MIN	MUSCLE SCULPT HEATHER L1-3 60 MIN	ZUMBA TONING L1-3 AMBER 60 MIN	
		TOTAL SPIN L1-3 KASEY 60 MIN		**10:15 AM* ZUMBA ANDI L1-3 60 MIN			5:45PM YOGA FLOW L1-3 ANDREW 60 MIN		
		HATHA L1-3 ELYSE 60 MIN		10:15 AM L1-3 Pilates / Yoga Fusion ELIZABETH 60 MIN			AQUA ZUMBA L1-3 AMBER 60MIN		
THURSDAY		STRONG ZUMBA L1-3 LORENA 60 MIN	9:30AM KUNDALINI YOGA L1-3 JAY 75 MIN	10:15 AM ZUMBA TONING L1-3 AMBER 60 MIN	SPIN & CORE L1-3 SHELLEY 60 MIN		HITT L2-3 SARAH 60 MIN	<u>Gym Hours</u>  Monday – Thursday 5:30am-10pm Friday: 5:30am-9pm Saturday: 7am-7pm Sunday: 8am-6pm  No Class or Child Minding available on All BC Statutory Holidays	
		AQUA ZUMBA L1-3 AMBER 60 MIN					YIN YOGA L1-3 MICHELLE 60 MIN		
		TOTAL SPIN L1-3 DANIELLE 60 MIN							
FRIDAY	8:00AM YIN YOGA MICHELLE L1-3 60 MIN	BOOTCAMP L2-3 CHRIS 60 MIN		10:15 ZUMBA L1-3 AMBER 60 MIN			POWER YOGA L2-3 ANDREW 60 MIN		
		AQUA ZUMBA L1-3 AMBER 60 MIN		10:30 HATHA L1-3 MICHELLE 60 MIN					
	TOTAL SPIN L1-3 KASEY 60 MIN	10:15 WATER FITNESS L1-3 SHERRI 60 MIN							
	9:15AM HATHA L1-3 DEVON 60 MIN								
SATURDAY	8:30AM TOTAL SPIN L1-3 CINDY 60 MIN	HATHA L1-3 MICHELLE 60 MIN		10:15AM Bellyfit L1-3 MYAH 60 MIN					
	*9:00AM WILDCARD MYAH 60 MIN L1-3			10:15 VINYASA/FLOW L1-3 KAREN 60 MIN					
SUNDAY		HATHA L1-3 MARLEY 60 MIN		10:15 ZUMBA L1-3 LORENA 60 MIN					
		Interval Training L1-3 DANIELLE 60 min							

CLASSES SUBJECT TO CHANGE WITHOUT NOTICE.  
PLEASE CALL TO SIGN UP FOR ALL SPIN  
CLASSES 4 HOURS PRIOR TO CLASS: 250-751-2348  
ALL CLASSES INCLUDED IN YOUR MEMBERSHIP!

# LIFESTYLE

Health & Fitness Centre

3255 Stephenson Point Rd.,  
Nanaimo, BC, V9T 1K3  
250 751 2348  
info@lifestylehealthandfitness.com

# LIFESTYLE

## Health & Fitness Centre

### POOL-BASED

#### Water Fitness– Level 1 - 3 (60 minutes)

Varied fun aerobic workouts throughout the week incorporating cardiovascular training, muscle strengthening, flexibility and endurance. Exercises can be performed in shallow or deep water.

#### Aqua Zumba-Level 1-3 (60 minutes)

Integrating Zumba dance class with traditional aqua fitness disciplines. Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. It's a Zumba pool party!

### Spin

#### Spin and Core 1-3 (60 minutes)

A fun, high energy class incorporating core into your regular Spin class.

#### Total Spin 1-3 (60 minutes)

A complete spin experience involving warm-up, sprinting, intervals, climbing, cool-down and much more.



### AEROBICS

#### ABSolutely Abs – Level 1-3 (60 minutes)

Get ready for an hour of ABSolute core shredding, abdominal toning and postural strengthening fun! You will learn how to strengthen and target core muscles of your entire torso.

#### Advanced Step– Level 3 (75 minutes)

If you love innovative step choreography, this class is for you. Join us for 40 minutes of advanced step, followed by muscle conditioning and a stretch.

#### 360 Core– Level 1-3 (30 minutes)

Get that six pack you've always dreamed of! A variety of exercises to sculpt your mid section, expect to be sore tomorrow!

#### Zumba / Bolly X Combination class – Level 1-3 (60 minutes)

30 MIN of Bollywood inspired dance-fitness that combines choreography and intensive workouts to upbeat music. Paired with 30MIN of Zumba to create a dynamic, exciting, effective fitness system!

#### Boot Camp – Level 2 to 3 (60 minutes)

Boot camp in a one hour form. Workouts are changed on a regular basis to achieve maximum fitness. Be prepared to sweat and leave happy!

#### Ripped – Level 2-3 (60 minutes)

An all-out assault! Using weights, work every muscle to the max with this full-on muscle burning work out! High intense strength class. Guaranteed to burn! Let Sam help you reach your Max potential!

#### Fit 4 Life! – Level 1 to 3 (60 minutes)

A cardio, strength, and flexibility training class focused on improving muscle for all levels of fitness. Supercharge your mornings with Fit 4 Life.

#### HIIT Strength – Level 1-3 (60 minutes)

High Intensity Interval Training is an exercise strategy alternating short periods of intense activity with less intense recovery periods or even complete rest. The combination is all you need to tone up, lose fat, and stay lean.

#### Muscle Sculpt – Level 1-3 (60 minutes)

This class will challenge and condition all of your muscles. Build muscular strength and endurance using free weights, balls and tubing. One week upper body focus/one week lower body focus.

#### Wild Card – Level 1 to 3 (60/75 minutes)

A surprise every time! The instructor will mix up different combinations of cardio exercises and resistance exercises to ensure a great workout each time!

#### Zumba– Level 1 to 3 (60 minutes)

Zumba is a fusion of Latin and international music – dance themes that create a dynamic, exciting, effective fitness system. It's fun and easy to do, great for any fitness level. Ditch the workout and join the party!

#### Zumba Toning- Level 1 to 3 (60 minutes)

Those who want to party, but put extra emphasis on toning and sculpting to define those muscles! Lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body

### Yoga

#### Hatha Yoga – Level 1-3 (60 minutes)

Appropriate for those who are new to yoga or for those who enjoy a gentler practice. Basic poses and breathing will be covered. Emphasis on standing and seated poses.

#### Vinyasa Yoga/Yoga Flow – Level 1-3 (60 minutes)

For those who have taken Level 1 class for at least 3-6 months. There is a flow from one pose to the next with an emphasis on breath. There is a higher strength component and an assumption of knowledge of basic poses. Inversions are offered.

#### Kundalini Yoga – Level 1-3 (60-75 minutes)

Kundalini is the yoga of action. Kundalini will develop cardiovascular fitness, strengthen the body, detoxifies your entire system, all while creating space for joy! You do not need to know a single yoga pose to practice Kundalini.

#### Pilates / Yoga Fusion- Level 1-3 (60 Minutes)

This class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga! Suitable for all levels.

#### Yin Yoga – Level 1-3 (60 minutes)

This is a passive style of yoga that focuses mainly on the lower body. Poses are held longer, in order to direct the stretch into the connective tissues instead of focusing on the muscles. Yin Yoga is a wonderful compliment to other yang styles of Yoga. No yoga experience is needed.

#### Power Yoga – Level 2-3 (60 minutes)

This powerful and energetic class has a strong emphasis on breath, endurance, strength and flexibility. Every class is different and will challenge you physically as well as mentally. We challenge the body to focus the mind. Yoga experience is recommended.