

STRENGTH / RESISTANCE TRAINING / CARDIO

C.S.I (40M)	Cardio. Strength. Intervals! Timed interval style class incorporating both total body strength moves as well as bursts of cardio
Instructor's Choice (45M)	Fitness Roulette, take a gamble and join a new instructor each week for a workout of their choice. A variety of styles and equipment will be used form week to week to keep your workouts fresh
Insanity Live (45M)	Total-body conditioning, complete with high intensity cardio moves for anaerobic endurance, plyometrics for power, bodyweight strength moves, agility drills, and a focus on core strength.
Inside/Outside (40M)	Indoors when its rainy, outside when the sun shines! Join us in the great urban outdoors of uptown Saint John as we bring your favourite group routine to the great outdoors.
Kettlebell Basics (40M)	This technique driven class will focus on proper skills to utilize Kettlebells in a safe and effective manner. This will be a skill development based instructional class format.
Morning Mix (1HR)	1 full hour of toning, cardio, core strengthening, balance and stretching. Something for every level and a great way to meet new friends and challenge your limits
RIPPED (45M)	Work head-to-toe using simple equipment a weighted bar, dumbbells, and a step, tackling various speeds, positions, and rhythms
SHRED (40M)	Shred is a high intensity and endurance based workout. utilizing s 3-2-1 interval approach: 3 minutes of strength, 2 minutes of cardio, 1 minute of abs.
Spin (40M)	Performed on indoor cycles, combines basic cycling moves with motivational music and coaching to give you a unique exercise experience.
Super-sweat (1HR)	A full body workout while maintaining a hi-tempo with fun and fast-paced cardio component. This class changes weekly along with the instructor to keep your body and mind fresh week to week.
Spin & Tone (40M)	A combination of traditional spin for 20 minutes followed by muscular toning and core exercises off the bike, complimented with a cooldown and stretch to help facilitate recovery and limit muscular fatigue.
Tabata (40M)	Tabata protocol is a high intensity training that produces remarkable results. You will work all the major muscle groups and get a high intensity cardio and muscular endurance workout.
ZUMBA (40M)	Zumba combines Latin and international music with dance moves. Zumba routines incorporate interval training alternating fast and slow rhythms — to help improve cardiovascular fitness.

AQUATIC FITNESS

Arthritics (45M)	Designed to help those with joint pain and mobility conditions maintain good posture, ROM, general strength and cardiovascular stamina. Performed in our warm leisure pool which helps soothe sore joints and bones.
Aquacise (40M)	Designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back.
Aqua-Tabata (40M)	Just like the land version, this high-intensity class will combine toning with cardio intervals and core exercises.
Deep H2O (40M)	This low impact class is designed for all levels and abilities. Come to enjoy the sus- pended nature of our deep-water class and get a great workout without any impact
Fit-Swim (40M)	Coached workouts designed to improve speed and swimming skills, for all levels. Not a lesson based class

MIND & BODY CLASSES

Hatha Yoga (40M)	Postures are practiced to align, strengthen and promote flexibility in the body. You can expect an emphasis on simplicity, repetition, and ease of movement. Full-body relaxation and balance are the goals.
Pylata (40M)	A combination of Yoga and Pilates exercises. This class will challenge your core strength and endurance but will also incorporate power moves to build upper and lower body strength.
Stretch & Tone (40M)	Great for all fitness levels and ages. 20 mins to focus on controlled strength training, balance and core strength, with 20 mins focus on stretching and flexibility.
Yoga (60M)	A combination of a gentle Hatha postures and stretches for the beginning of class leading into a more energetic vinyasa flow and ending with some mindful and relaxing restorative postures to finish the practice. The class is suitable for all levels of practice