

AEROCENTRE LIVE CLASS SCHEDULE

September 3 - December 6, 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:15AM EASTERN	HIIT HIGH INTENSITY INTERVAL TRAINING AMANDA	COREFUSION LISA S	STRONG DEB	YOGA LISA C.	CARDIOSCULPT ANN
11:30AM EASTERN	STRETCH HIPS, WRISTS & LEGS ANN	STRETCH CAITLYNN	STRETCH NECK AND SHOULDER AMANDA	STRETCH ANN	STRETCH BACK AND POSTURE AMANDA
12:10PM EASTERN	CARDIOSCULPT BRENDA	CARDIOBOXING AMANDA	HIIT HIGH INTENSITY INTERVAL TRAINING BRENDA	CARDIOSCULPT LISA C	STRONG MARIA
1:30PM EASTERN	CALM BREATHE MAT		CALM VISUALIZE MAT		QUICK CALM MAT
2:10PM EASTERN	STRONG ANN		CARDIOSCULPT LISA S.		HIIT HIGH INTENSITY INTERVAL TRAINING PAIGE
2:45PM EASTERN		STRETCH PAIGE		STRETCH CAITLYNN	
4:30PM EASTERN			YOGAFUSION TRINH		
7:15PM EASTERN		HIIT HIGH INTENSITY INTERVAL TRAINING CAITLYNN	CARDIOSCULPT PAIGE		

Register and join classes via the Member Portal
All sessions stream on Zoom. The passcode to join is **virtual**.

No Classes October 14



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	Description	Equipment Required
STR	This 30-minute session is dedicated to sculpting and toning your muscles through a series of high-repetition, strength-based movements.	1 Mat Weights or Dumbbells
CARDIO BOXING	Set to energizing music, Cardio Boxing incorporates dynamic boxing moves like punches, kicks, knees, and elbows to elevate your heart rate and melt away tension.	None
CARDIO SCULPT	Using a combination of cardio exercises and strength training, Cardio Sculpt delivers a comprehensive fitness experience. Feel the burn as you work every major muscle group, all set to motivating music that propels you through the workout.	1 Mat Weights or Dumbbells
YOGA	Yoga Fusion seamlessly combines the best of yoga and Pilates, guiding you through a flow of invigorating movements that enhance flexibility, build core strength, and promote mindfulness.	1 Mat
HIIT <small>HIGH INTENSITY INTERVAL TRAINING</small>	Get ready to elevate your fitness with our invigorating HIIT class! No need for fancy equipment - just grab your mat, and let's break a sweat together. This bodyweight-only workout is designed to push your limits and boost your energy.	1 Mat
STRETCH	In this short but impactful class, we'll guide you through a series of gentle movements designed to reduce pain, and counteract the strains caused by prolonged periods of sitting.	None
CORE FUSION	A Pilates-inspired class that targets your core while challenging your entire body. Using light weights and a mat, this session combines low-impact techniques to strengthen your core, enhance mobility, improve balance, and build overall body strength.	Light weights 1 Mat
YOGA	Ignite your inner strength and flexibility in our invigorating Yoga class. This fitness-inspired session seamlessly blends flowing movements to improve flexibility, mobility, balance, and overall well-being.	1 Mat
CALM	Immerse yourself in the present moment, cultivate inner calmness, and discover the transformative benefits of mindfulness in this immersive guided mindfulness session designed to forge a connection between body and mind.	None

Group Classes Etiquette:

- All live streaming group classes are streamed via Zoom. Please ensure you have Zoom installed prior to you session.
- Please come on time and prepared with the recommended equipment list above.
- If you are not able to attend a session your registered for, please remember to cancel your reservation.
- Please ensure your microphone is off during class unless you require assistance or have a question.

