

## GROUP EXERCISE SCHEDULE

### CARDIO CONDITIONING

#### Group Cycling

Find out what everyone is raving about! This exhilarating low-impact sport is great for toning up and improving cardiovascular fitness. Beginner classes start with a 15 minute set-up followed by a 45 minute class; intermediate classes are 45 minutes to 1 hour long.

Mon 12:15P Set Up,  
12:30P class (B)

Wed 12:30P (I)

Fri 12:00P (I)



#### PUNCH Boxing Conditioning

An energizing workout that brings the boxing hall to your gym! While incorporating boxing technique, the focus is on conditioning your body to build core strength and muscle endurance.

Tue 12:00P

#### Boot Camp

This circuit training class delivers both fat burning and muscle conditioning benefits through fun and innovative drills.

Mon 6:00P

#### Cardio Fusion

Turn on your power with cardiovascular endurance, resistance and core strength training. It's challenging, expressive, creative and fun!

Wed 1:00 P

Thurs 12:00P



Note: (B) = Beginner, (I) = Intermediate

\* Classes and Instructors subject to change

### CORE STRENGTH TRAINING

#### Pilates Mat

A series of exercises with emphasis on core strength building and flexibility with particular attention to the deeper abdominal and back muscles.

Wed 12:00P

Thu 6:00P

#### Hatha Yoga

Focuses on 12 main postures and their variations to promote flexibility, strength, and endurance with an emphasis on deep abdominal breathing.

Tue 5:30P

Wed 5:30P



#### Ab Attack

Tone, define and strengthen your abs with this intense and challenging half hour workout.

Mon 12:00P

#### Pump It Up

Redefine and sculpt your body by increasing muscle tone and definition without bulk. Feel great with this total body workout!

Tue 1:00P

Fri 12:00P

#### Flex It Up

Tone and sculpt your physique with this challenging, fun and effective strength and conditioning workout and dare to bare that body!

Mon 12:30P

#### Stations

Want to lose weight, burn fat, improve your cardio and have fun? Then this intense endurance strength training class is for you!

Mon 1:00P

**GROUP EXERCISE  
SCHEDULE**

**Beginning May 11, 2009**

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
12:00 - 12:30P <b>Ab Attack</b> Tony	12:00 - 12:55P <b>Boxing Conditioning</b> Wayne		12:00 - 12:45P <b>Cardio Fusion</b> Marcia	12:00 - 12:50P <b>Group Cycling (I)</b> Dawn	
12:15P Set-up, 12:30 - 1:15P class <b>Group Cycling (B)</b> Dawn	1:00-1:50P <b>Pump It Up</b> Marcia	12:30 - 1:15P <b>Group Cycling (I)</b> Don		12:00 - 12:50P <b>Pump it Up</b> Tony	
12:30 - 1:00P <b>Flex It Up</b> Tony		1:00 - 1:50P <b>Cardio Fusion</b> Marcia	1:00 - 1:50P <b>Hatha Yoga</b> Charlotte		
1:00 - 1:50P <b>Stations</b> Wayne					
5:15 - 6:15P <b>Hatha Yoga</b> Charlotte		5:15- 6:15P <b>Hatha Yoga</b> Charlotte			
	6:00 - 6:50P <b>Boot Camp</b> Wayne				

**CLUB HOURS:**

Mon - Fri: 6am - 9pm

Sat & Sun: 9am - 5pm

**CLOSED:**

Statutory Holidays

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[www.thekingwestclub.com](http://www.thekingwestclub.com)