



# The Fitness Terminal Class Schedule April to June 2016

	<b>Class Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning</b>	6am to 6:30am	Cycle Präf				Express Conditioning Sean
<b>Afternoon</b>	11:30am to 12pm		Cardio Pump Chris	Cycle Präf	Chisel Arms and Abs Angela	Interval Training Ryan
	12:00pm to 12:30pm	Aero/Step Grace	Salsa Gill	Body Sculpt Rick	Step IT Up Lenore	Hatha Yoga (45min) Criss
	12:30pm to 1pm	Table Tennis			Table Tennis	
<b>Evening</b>	3:45 to 4:15pm	Hatha Yoga (45min) Criss		Yoga Flow Criss		
	4:30pm to 5:30pm		Table Tennis	Table Tennis		

**See Reverse for Class Description**

\*Note: This schedule is subject to change.

If you have any questions or comments, please email [Christina.defrancesco@honeywell.com](mailto:Christina.defrancesco@honeywell.com)  
P.905.608.6000 ext. 2523 [www.fitnessterminalwellness.com](http://www.fitnessterminalwellness.com)

# Fitness Class Descriptions

**Aero/Step:** This is a challenging cardiovascular class with alternating intervals of step aerobics and standard hi-low aerobics. Choreography is geared toward your heart rate up and keeping it there!

**Body Sculpt:** Tone and shape your body in this fun moderate intensity weight training workout. Get a great full body workout whether you're a gym veteran or newbie.

**Cardio Pump:** This class design strives for muscular strength and endurance while maintaining a continual cardiovascular workout. We use steps, bars, dumbbells and BOSU as well as variety of training techniques.

**Chisel Arms & Abs:** This class is designed to help you achieve chiseled arms and abs by pushing you to your limits in a safe environment!

**Cycle:** Come and experience indoor cycling with these fun but challenging classes. Let our instructors motivate you through a variety of drills at varying intensities. Learn proper pedaling and riding techniques. These classes are open to all levels of fitness as you are in charge of tension levels and pacing. You're guaranteed to leave feeling exhilarated!

**Express Conditioning:** Come rise and shine in the early bird class that will give you the energy you need to get through the day! This class is guaranteed to work you hard and in a short period of time, so you are able to get your morning coffee before work.

**Hatha Yoga:** Characterized by flowing sequences linked to breath, Hatha Yoga gently enhances body awareness. It also enables participants to achieve deep relaxation, all while improving strength and flexibility. A perfect way to relax from everyday stresses and stretch out the tired body. This class is great for all fitness levels.

**Interval Training:** This class is designed to test your inner strength and challenge your agility in these fun high energy drills that will get you sweating. This is a great class that will push you to your limits while giving you a full body multi functional high energy workout!

**Karate:** Limited time learn the art of Karate while improving your concentration, sleep and overall health. *\*Can be extended 15min if requested.\**

**Salsa:** This class teaches you the basic salsa moves to intricate moves you can take to the dance floor. This is a dynamic and exciting class set to exotic Latin music. Get your dancing shoes on and come learn how to salsa!

**Step IT UP:** This class is recommended for the seasoned step participant. It is a fun paced, high-intensity class that emphasizes more intricate choreography than a regular step class. This workout will challenge you both mentally and physically!

**Table Tennis:** Come and stimulate the mind with a fun and exciting activity. This activity will get you laughing while engaging in a friendly completion of skill.

**TOTAL BOSU:** The BOSU balance trainer can be used with the platform either side up or down for different types of balance challenges. The BOSU is a highly functional piece of equipment that can work both muscular strength and cardio. Get your balance, strength and cardio conditioned! All fitness levels welcome. *\*Option members can come in at 7:15am for a 30min class.\**

**Yoga Flow:** An energetic class that synchronizes breathing with movement! With dynamic sequences, you will focus on alignment while building strength, flexibility, balance and concentration. Everyone is welcome; participants are encouraged to work at their own level.