



JULY

Peach
King
Fitness
Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1
Membership Fees		3 Month	1 Year	10 Pass	<p align="center">CLOSED JULY 1 ENJOY YOUR HOLIDAY WEEKEND!</p>
Adult		\$85	\$275	\$48	
Student/Senior		\$68	\$218	\$48	
Drop In Fee		\$6			
Happy CANADA Day					
					NO CLASS
3	4	5	6	7	8
<p align="center">CLOSED JULY 3 ENJOY YOUR HOLIDAY WEEKEND!</p>	 6:00 pm Core Strength Mackenzie	9:15 am Maximum Strength Mackenzie 6:15 pm Bosu & Balance Alison	 7:15 pm 150 B-DAY BOOTCAMP Marsha	 ZUMBA FITNESS 9:15 am ZUMBA Charlene	9:15 am Cardio Stretch n' Tone Mackenzie 
	10	11	12	13	14
 9:15 am Tabata & Toning Charlene 6:30 pm Strength / Step Shirley	 6:00 pm Core Strength Marsha	9:15 am Maximum Strength Mackenzie 6:15 pm Tubing & Toning Alison	 7:15 pm Cardio Mix Mehrnoosh	 FITFRIDAY 9:15 am Charlene	9:15 am Tabata & Stretch Marsha 
17	18	19	20	21	22
9:15 am Hi / Low Charlene 6:30 pm Quickies Shirley	 6:00 pm Core Strength Mackenzie	9:15 am Maximum Strength Mackenzie 6:15 pm TBC Lee	 7:15 pm Muscle Strength Mehrnoosh	 FITFRIDAY 9:15 am Charlene	 9:15 am Cardio Stretch n' Tone Mackenzie
24	25	26	27	28	29
9:15 am Cardio Blast Charlene 6:30 pm Tabata & Toning Marsha	 6:00 pm Core Strength Marsha	9:15 am Maximum Strength Mackenzie 6:15 pm Cardio n' Weights Alison	 7:15 pm TBC Mehrnoosh	<p align="center">NO CLASS TODAY</p>	9:15 am Tabata & Stretch Marsha 
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9:15 AM TBC Charlene 6:30 pm Bar n' Bands Shirley					





Class Descriptions

We offer a large variety of Fitness Classes with Certified Instructors

1/2 & 1/2 • 30 minutes of cardio and 30 minutes of total body sculpting.

20/20/20 • 20 minutes cardio, 20 minutes toning, 20 minutes core and flexibility.

BALL BLAST • Muscle strength, tone and cardio on and off the ball. (Stability balls - BOSU - Pilates balls)

BAR 'N BANDS • Using tubing bands and toning bar for cardio and strength training.

BASIC STEP • Simple moves. Great for all fitness levels.

BODY BAR COMPLEX • Moves that incorporate large muscle groups leading to overall strength.

BOSU • A cardio and core class with emphasis on balance. Sometimes we add resistance.

CARDIO MIX • Low impact cardio but not low intensity. Great for all levels of fitness.

CARDIO 'N CORE • Similar to cardio mix with core strengthening. Great for the abs!

CORE BOXING • Get a punch and kick with this workout!

CARDIO SCULPT & TONE • A mix of cardio and endurance strength training.

CIRCUITS • Mix and match of cardio and sculpting moves. Each part is “short and sweet”.

LUNCH FIT • A lunchtime class using a variety of equipment for total body fitness and flexibility in only 45 minutes

END OF WEEK STRESS RELEASE • Like Stretch & Tone with an emphasis on releasing muscle tension with static stretches.

FIT FRIDAYS • Always a variety of aerobics and TBC with strength training with moderation and toning and using fun equipment

HiIT • High intensity interval training. One of the best ways to burn fat as it utilizes your fast twitch muscle fibers to help build muscle and burn fat even after your workout is done.

HI-LOW • Higher Intensity Cardio and Low Impact Cardio. Two great combos in one class!

HIGH REPS • Using light weights with high reps to increase muscle endurance.

MUSCLE STRENGTH • For muscle growth and toning, challenge yourself in a full body workout incorporating muscular strength, endurance and cardio.

QUICKIES • Short and sweet intense cardio and strength exercises that integrate entire body.

STANDING CORE ACTIVATION • Learn to activate the core through standing sequences and breathing.

STEP CIRCUIT • Fun and challenging intermediate cardio step mixed with strength training. The fastest way to blast away calories.

STRETCH & TONE • A new and fresh approach to the mind/body connection. Increase flexibility, build core strength, improve posture, prevent injuries and enhance body awareness.

TBC • Total Body Conditioning — an interval class using a variety of strength and toning exercises to get your muscles in perfect shape. Cardio and Resistance Training all in one.

TABATA & TONING • 1/2 hour of HiIT followed by muscle work. Improves cardio, endurance and fat burning.

ZUMBA • A fusion of Latin and international music and dance that creates a dynamic, exciting, fun and effective cardio workout that will reduce your stress and increase energy.

ZUMBA STEP • Same as above with basic step moves incorporated into the class for extra fun.

★ *Note — not all classes are available each month.*