

# Peach King Centre Fitness Schedule

# OCTOBER

WHAT YOU DO  
**TODAY**  
CAN IMPROVE ALL  
YOUR TOMORROWS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7
 <b>9:15 am</b> Charlene  <b>6:30 pm</b> TBC Shirley	<b>New Time</b>  <b>6:15 pm</b> Core Strength Mackenzie	<b>9:15 am</b> Maximum Strength Mackenzie  <b>6:15 pm</b> Cardio 'n' Props Alison	<b>12:05 - 12:50 pm</b> LUNCH FIT Mackenzie  <b>7:15 pm</b> TBC Mehrnosh	 <b>FIT FRIDAY</b> >>>>>>>> <b>9:15 am</b> Charlene	<b>9:15 am</b> Cardio Stretch n' Tone Mehrnosh 
9	10	11	12	13	14
<b>CLOSED</b>  <b>CLOSED</b>	 <b>6:15 pm</b> Core Strength Mackenzie	<b>9:15 am</b> Maximum Strength Mackenzie  <b>6:15 pm</b> Bosu & Balance Alison	 <b>12:05 - 12:50 pm</b> LUNCH FIT Alison  <b>7:15 pm</b> Cardio Mix Mehrnosh	 <b>FIT FRIDAY</b> >>>>>>>> <b>9:15 am</b> Charlene	<b>9:15 am</b> Cardio Stretch n' Tone Mehrnosh 
16	17	18	19	20	21
<b>9:15 am</b> Tabata + Toning Charlene  <b>6:30 pm</b> HIT Shirley	 <b>6:15 pm</b> Core Strength Mackenzie	<b>9:15 am</b> Maximum Strength Mackenzie  <b>6:15 pm</b> Tubing & Toning Alison	 <b>12:05 - 12:50 pm</b> LUNCH FIT Mackenzie  <b>7:15 pm</b> Interval Cardio Mehrnosh	 <b>FIT FRIDAY</b> >>>>>>>> <b>9:15 am</b> Charlene	<b>9:15 am</b> Tabata + Stretch Marsha 
23	24	25	26	27	28
<b>9:15 am</b> Hi/Low Charlene  <b>6:30 pm</b> Cardio 'n' Props Shirley	 <b>6:15 pm</b> Core Strength Mackenzie	<b>9:15 am</b> Maximum Strength Mackenzie  <b>6:15 pm</b> TBC Alison	<b>12:05 - 12:50 pm</b> LUNCH FIT Alison  <b>7:15 pm</b> Muscle Strength Mehrnosh	<b>SORRY</b>  <b>TODAY</b>	<b>TABATA</b> Training <b>9:15 am</b> Tabata + Stretch Marsha
30	31				
<b>9:15 am</b> Cardio 'n' Core Charlene  <b>6:30 pm</b> 20/20/20 Shirley	 <b>6:15 pm</b> Core Strength Mackenzie				



# 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.*