

## October 2020 CLASS MASH UP

Our amazing instructors have come up with a mash up of classes to fill your October. Classes are registered for individually. Take as many as you like, whenever you like. Most outdoor classes will have the option to run inside should the weather not cooperate. Cancellations with 48 hours of notice or more will be credited to account and all classes will require a minimum of 5 participants to run. All programs will maintain 2m of physical distancing at all times and use minimum of equipment. All participants must bring their own mats, yoga props (if necessary) and filled water bottles. There is limited access to the skate change room bathrooms and the fountain is turned off. A reminder that Tuscany Residents Association Membership fees must be paid to access the facility and register for classes. Classes are \$10+gst each; except for Cardio Tennis \$15+gst each.



				Thursday, Oct 1	Friday, Oct 2	Saturday, Oct 3
				10:00-11:00am Gentle Stretch Banquet Room #5004		9:00-10:00am Cardio Tennis Tennis Courts/Gym #4989
				6:00-7:00pm Body Tuning Gym #4998		
				6:30-7:30pm Power Yoga Banquet Room #5003		
Sunday, Oct 4	Monday, Oct 5	Tuesday, Oct 6	Wednesday, Oct 7	Thursday, Oct 8	Friday, Oct 9	Saturday, Oct 10
		9:30-10:30am Triple Sweat Gym #4976				9:00-10:00am Cardio Tennis Tennis Courts/Gym #4990
	1:30-2:30pm Gentle Yoga Banquet Room #5017	10:00-11:00am Ballet Barre & Conditioning Banquet Room #4980	12:00-1:00pm Fitness Barre & Pilates Gym #5013	10:00-11:00am Gentle Stretch Banquet Room #5005		
		6:00-7:30pm Barre/Gentle Stretch Banquet Room #4984		6:00-7:00pm Body Tuning Gym #4999		
7:00-8:00pm Restorative Yoga Banquet Room #4972	7:00-8:00pm Fit Happens Gym #5023	6:30-7:30pm Zumba Gym #4988	6:30-7:30pm Hatha Flow Yoga Banquet Room #4994	6:30-7:30pm Power Yoga Banquet Room #5009		
Sunday, Oct 11	Monday, Oct 12	Tuesday, Oct 13	Wednesday, Oct 14	Thursday, Oct 15	Friday, Oct 16	Saturday, Oct 17
	<b>Thanksgiving</b>	9:30-10:30am Triple Sweat Gym #4977				9:00-10:00am Cardio Tennis Tennis Courts/Gym #4991
		10:00-11:00am Ballet Barre & Conditioning Banquet Room #4981	12:00-1:00pm Fitness Barre & Pilates Gym #5014	10:00-11:00am Gentle Stretch Banquet Room #5006		
		6:00-7:30pm Barre/Stretch Banquet Room #4985		6:00-7:00pm Body Tuning Gym #5000		
7:00-8:00pm Restorative Yoga Banquet Room #4973		6:30-7:30pm Zumba Gym #5020	6:30-7:30pm Hatha Flow Yoga Banquet Room #4995	6:30-7:30pm Power Yoga Banquet Room #5010		

Sunday, Oct 18	Monday, Oct 19	Tuesday, Oct 20	Wednesday, Oct 21	Thursday, Oct 22	Friday, Oct 23	Saturday, Oct 24
		9:30-10:30am Triple Sweat Gym #4978				9:00-10:00am Cardio Tennis Tennis Courts/Gym #4992
	1:30-2:30pm Gentle Yoga Banquet Room #5018	10:00-11:00am Ballet Barre & Conditioning Banquet Room #4982	12:00-1:00pm Fitness Barre & Pilates Gym #5015	10:00-11:00am Gentle Stretch Banquet Room #5007		
		6:00-7:30pm Barre/Gentle Stretch Banquet Room #4986		6:00-7:00pm Body Tuning Gym #5001		4:00-6:30pm Yoga Retreat Banquet Room #4968
7:00-8:00pm Restorative Yoga Banquet Room #4974	7:00-8:00pm Fit Happens Gym #5024	6:30-7:30pm Zumba Gym #5021	6:30-7:30pm Hatha Flow Yoga Banquet Room #4996	6:30-7:30pm Power Yoga Banquet Room #5011		
Sunday, Oct 25	Monday, Oct 26	Tuesday, Oct 27	Wednesday, Oct 28	Thursday, Oct 29	Friday, Oct 30	Saturday, Oct 31
		9:30-10:30am Triple Sweat Gym #4979				9:00-10:00am Cardio Tennis Tennis Courts/Gym #4993
	1:30-2:30pm Gentle Yoga Banquet Room #5019	10:00-11:00am Ballet Barre & Conditioning Banquet Room #4983	12:00-1:00pm Fitness Barre & Pilates Gym #5016	10:00-11:00am Gentle Stretch Banquet Room #5008		
		6:00-7:30pm Barre/Gentle Stretch Banquet Room #4987		6:00-7:00pm Body Tuning Gym #5002		
7:00-8:00pm Restorative Yoga Banquet Room #4975	7:00-8:00pm Fit Happens Gym #5025	6:30-7:30pm Zumba Gym #5022	6:30-7:30pm Hatha Flow Yoga Banquet Room #4997	6:30-7:30pm Power Yoga Banquet Room #5012		
Monica Espinosa	Michelle Hines	Sabina Zhetipisova	Kristy Karpa	Carolyn Bedford	Ameira Steidl	Lynn Ann

## CLASS DESCRIPTIONS

### **Ballet Barre & Conditioning (Sabina Zhetpisova)**

A winning combination of ballet, core engagement and upper and lower body toning. Build strength from the inside out. Weights are optional. Great for all levels.

### **Ballet Barre & Gentle Stretch Combo \*90 minutes\* (Sabina Zhetpisova)**

This program will be a combo of 60 minutes of Ballet Barre and 30 minutes Gentle Stretch. Two popular programs rolled together in one class. Great for all levels.

### **Body Tuning (Michelle Hines)**

This class focuses on tuning up the body with minimal equipment. High muscular endurance combined with high reps, sets, and rest to see results. Limited impact & cardio. All fitness levels welcome.

### **Cardio Tennis (Willie Jung)**

Cardio Tennis is a fun, group activity featuring drills to give players of all abilities an ultimate, high-energy workout. It includes a warm-up, cardio workout, and cool down phases. If you want to find a healthy, new way to get in shape and to burn calories, you ought to try Cardio Tennis.

### **Fit Happens (Ameira Steidl)**

This interval-based class will use minimal equipment to strengthen, tone and shape the body. Each class will focus on functional movement to keep you fit and strong. All levels are welcome. Equipment will be provided but participants must bring a mat to each class.

### **Fitness Barre & Pilates (Monica Espinosa)**

This challenging class is a fusion of barre, yoga and Pilates mat exercises. Working with elements of ballet, strength training, body weight, and cardio intervals through the class. Posture alignment, core conditioning, balance and isometric holds are some of the components of this class.

### **Gentle Yoga (Carolyn Bedford)**

This gentle yoga class will include yin and hatha poses. Great for all levels.

### **Gentle Stretch (Sabina Zhetipisova)**

Increase muscle control, flexibility and range of motion with this dedicated stretching class. Great for all levels.

### **Hatha Flow Yoga (Kristy Karpa)**

This gentle strengthening stretching class gives time support, and instruction to truly understand how the body works. Learn proper alignments of the yoga poses and breathing techniques. Participants must bring all their own yoga props.

### **Power Yoga (Carolyn Bedford)**

This is a more dynamic version of traditional yoga. It is a faster, more intense and the focus is more on building strength. Participants must bring all their own yoga props.

### **Restorative Yoga (Monica Espinosa)**

This yoga class combines yoga with gentle movements that are designed for gentle movement to increase joint mobility, stress release and therapeutic healing. Poses are held longer and props are used to support poses. Participants must bring all their own yoga props to each class.

### **Triple Sweat (Michelle Hines)**

This class is guaranteed to bring on a good sweat with the combination of cardio, strength, and core exercises. Every class will be different and will focus on different body parts each week. It may sound intimidating but it's not - all fitness levels welcome as modifications are always provided.

### **Zumba (Lynn Ann Goodings)**

This fitness class combines dance and fitness moves. Inspired by Latin dance and music, it uses a variety of styles in its routines, including Cumbia, Merengue, Salsa, Reggaeton, Mambo, Rumba, Flamenco, and a Hip Hop. Music selections include both fast and slow rhythms to help tone and sculpt the body.