


## September 2020 CLASS MASH UP

Our amazing instructors have come up with a mash up of classes to fill your September. 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.

|   |  |  |  |  |                 |  |
|---|--|--|--|--|-----------------|--|
|  |  | Tuesday, Sept 1  | Wednesday, Sept 2  | Thursday, Sept 3   | Friday, Sept 4  | Saturday, Sept 5   |
|   |  | 9:30-10:30am<br>Triple Sweat<br>Gym<br>#4890           | 12:00-1:00pm<br>Fitness Barre & Pilates<br>Banquet Room<br>#4938 | 10:00-11:00am<br>Gentle Stretch<br>Banquet Room<br>#4923 |                 | 10:00-10:45am<br>Outdoor Dance Class<br>(4-9 years)<br>#4867 |
|   |  | 6:00-7:00pm<br>Ballet Barre<br>Banquet Room<br>#4916   | 6:30-7:30pm<br>Hatha Flow Yoga<br>Banquet Room<br>#4925          | 6:00-7:00pm<br>Body Tuning<br>Gym<br>#4895               |                 |  |
| Sunday, Sept 6  | Monday, Sept 7                                       | Tuesday, Sept 8  | Wednesday, Sept 9  | Thursday, Sept 10  | Friday, Sept 11 | Saturday, Sept 12  |
|   | <b>LABOUR<br/>DAY</b>                                | 9:30-10:30am<br>Triple Sweat<br>Gym<br>#4891           | 12:00-1:00pm<br>Fitness Barre & Pilates<br>Banquet Room<br>#4939 | 10:00-11:00am<br>Ballet Barre<br>Banquet Room<br>#4921   |                 | 9:00-10:00am<br>Cardio Tennis<br>Tennis Courts/Gym<br>#4883  |
| 7:00-8:00pm<br>Restorative Yoga<br>Banquet Room<br>#4886                          |  | 6:00-7:00pm<br>Gentle Stretch<br>Banquet Room<br>#4919 | 6:30-7:30pm<br>Hatha Flow Yoga<br>Banquet Room<br>#4926          | 6:00-7:00pm<br>Body Tuning<br>Gym<br>#4896               |                 | 10:00-10:45am<br>Outdoor Dance Class<br>(4-9 years)<br>#4868 |
| Sunday, Sept 13   | Monday, Sept 14                                      | Tuesday, Sept 15                                       | Wednesday, Sept 16   | Thursday, Sept 17  | Friday, Sept 18 | Saturday, Sept 19  |
|   | 10:00-11:00am<br>Hatha Flow<br>Banquet Room<br>#4935 | 9:30-10:30am<br>Triple Sweat<br>Gym<br>#4892           | 12:00-1:00pm<br>Fitness Barre & Pilates<br>#4940                 | 10:00-11:00am<br>Gentle Stretch<br>Banquet Room<br>#4924 |                 | 9:00-10:00am<br>Cardio Tennis<br>Tennis Courts/Gym<br>#4936  |
| 7:00-8:00pm<br>Restorative Yoga<br>Banquet Room<br>#4887                          | 7:00-8:00pm<br>Fit Happens<br>Gym<br>#4931           | 6:00-7:00pm<br>Ballet Barre<br>Banquet Room<br>#4917   | 6:30-7:30pm<br>Hatha Flow Yoga<br>Banquet Room<br>#4927          | 6:00-7:00pm<br>Body Tuning<br>Gym<br>#4897               |                 | 10:00-10:45am<br>Outdoor Dance Class<br>(4-9 years)<br>#4869 |

| Sunday, Sept 20  | Monday, Sept 21                                      | Tuesday, Sept 22                                       | Wednesday, Sept 23   | Thursday, Sept 24                                      | Friday, Sept 25 | Saturday, Sept 26  |
|--|--|--|--|--|-----------------|--|
|  | 10:00-11:00am<br>Hatha Flow<br>Banquet Room<br>#4934 | 9:30-10:30am<br>Triple Sweat<br>Gym<br>#4893           | 12:00-1:00pm<br>Fitness Barre & Pilates<br>Banquet Room<br>#4941 | 10:00-11:00am<br>Ballet Barre<br>Banquet Room<br>#4922 |                 | 9:00-10:00am<br>Cardio Tennis<br>Tennis Courts/Gym<br>#4937  |
| 7:00-8:00pm<br>Restorative Yoga<br>Banquet Room<br>#4888 | 7:00-8:00pm<br>Fit Happens<br>Gym<br>#4932           | 6:00-7:00pm<br>Gentle Stretch<br>Banquet Room<br>#4920 | 6:30-7:30pm<br>Hatha Flow Yoga<br>Banquet Room<br>#4928          |  |                 | 10:00-10:45am<br>Outdoor Dance Class<br>(4-9 years)<br>#4870 |
| Sunday, Sept 27  | Monday, Sept 28                                      | Tuesday, Sept 29                                       | Wednesday, Sept 30   |  |                 |  |
|  | 10:00-11:00am<br>Hatha Flow<br>Banquet Room<br>#4933 | 9:30-10:30am<br>Triple Sweat<br>Gym<br>#4894           | 12:00-1:00pm<br>Fitness Barre & Pilates<br>Banquet Room<br>#4942 |  |                 |  |
| 7:00-8:00pm<br>Restorative Yoga<br>Banquet Room<br>#4889 | 7:00-8:00pm<br>Fit Happens<br>Gym<br>#4930           | 6:00-7:00pm<br>Ballet Barre<br>Banquet Room<br>#4918   | 6:30-7:30pm<br>Hatha Flow Yoga<br>Banquet Room<br>#4929          |  |                 |  |

|                 |                |                    |              |                 |               |               |
|-----------------|----------------|--------------------|--------------|-----------------|---------------|---------------|
| Monica Espinosa | Michelle Hines | Sabina Zhetipisova | Kristy Karpa | Carolyn Bedford | Ameira Steidl | Puddle of Mud |
|-----------------|----------------|--------------------|--------------|-----------------|---------------|---------------|

## 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.

### **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 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/Carolyn Bedford)**

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.

### **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.