

| GROUP CLASSES | Hours of Operation: Monday to Friday, 5:45am-10pm and Weekends 7am-7pm Holiday Hours: 8 am- 4pm Family Day, Good Friday, Easter Monday, Victoria Day, Canada Day, Civic Holiday, Labour Day, Thanksgiving, Christmas Eve, Boxing Day, New Years Eve (No classes. Kidz Klub open) CLUB CLOSED Easter Sunday, Christmas Day and New Years Day. |
|------------------------------|---|
| Aerobics | 30 to 40 minutes of hi and low impact aerobics followed by strength training and ending with some good stretches to relax muscles and your mind. Multi-level class suitable for any participant. |
| Astral Spin | A cardiovascular workout for people of all ages and fitness levels. Spinning can cover 16-30 km and burn 400-600 calories. Set to energizing music, these classes offer lots of variety and as each rider controls their own bike, riders of all levels can enjoy this workout. |
| Back to Basics | This class gets back to basics by combining the best of all elements of fitness: cardio; step; strength and stretching. Perfect for the newcomer yet still a great workout for the more experienced participant. |
| Build Better Bones | For pre & post menopausal women. Builds lean muscle mass & bone density while increasing metabolic rate and burning fat in a fun, safe atmosphere. All levels welcomed |
| Cardio Kickboxing | A high energy, high impact blend of kicks and punches set to upbeat music. This class is the perfect combination of martial arts, boxing and cardiovascular training. An intermediate to advanced level class. |
| Cardio & Strength | A 60 minute class combining two segments: 30 minutes of hi/lo cardio movements followed by a 30 minute segment of strengthening. This class effectively works the upper body, lower body, back and abdominals. Great fat burning workout. A multi-level class suitable for any participant. |
| Classic Pilates | Modified to suit various body types and injuries, this beginner to intermediate class aims to strengthen and tone your muscles, focusing on the core to restore postural alignment, promote recovery from strains and injuries, improve circulation, enhance mobility, agility and stamina. |
| Freestyle Pilates | A Stott-based pilates class that utilizes small balls, exercise balls and light weights to really challenge the core as well as to improve posture. This intermediate to advanced level class emphasizes control and precision in a non-impact workout routine modified to suit various body types and injuries. |
| Hatha Yoga | A Comprehensive Beginner/Intermediate Hatha Yoga class, this class will focus on relaxation, warm-up, toning, stretching and strengthening of key muscles with a focus on proper breathing and stress management techniques. This class will also result in improved posture and circulation, increased overall flexibility and will help develop inner awareness. |
| Hoop It Up! | Astral Fitness is offering classes in the comeback trend of *hooping*, with hoop expert Sarah Fraser. Tone your abs and entire body to upbeat music, be creative, learn hoop tricks and get in shape all in the same hour. |
| Interval Cycle | Enjoy interval training on an indoor bike Push yourself through strength, speed and endurance drills as you pedal your way to achieving your health and fitness goals. All levels. Please inform instructor if you are new to spinning. |
| Interval Ride | Enjoy a ride that gives you the sensation of rolling through the hills using music that empowers you to a race on flat roads. Whatever happens you can expect high energy and a challenging, fun ride! |
| Ladies Power Hour | Low/high impact resistance training circuit mixed with some core & strength training is a quick and simple work-out for the woman who is on the go. Improves muscle tone & increases core body strength. <i>In Ladies Only Studio.</i> |
| Midsection Mania | A 30 minute core/ball class that will use a variety of exercise to target abs, low back and glutes in many different angles and planes of motion. Warning! Side effects of this class may include improved posture, strong lower back, six pack appearance and lots of sweating! |
| Nose to your Toes | 30 minutes of deep, focused, total body stretching that will improve your posture, increase your range of motion and decrease your risk of sports injury. Your body will feel relaxed and your muscles will thank you. Be kind to your muscles and they will be kind to you! |
| Primarily Core | This 30 minute class is filled with challenging abdominal exercises to strengthen your core and develop six pack abs. Guaranteed you'll leave wanting to come back for more! |
| Morning Kick Start | Rev up your heart, your muscles and your metabolism by starting your day with a spin. This workout can be adapted to various fitness levels as participants are encouraged to work at their own pace. A full body stretch completes the class you are out the door by |

6:45 am ready to take on the day!

| | |
|--|--|
| Power Circuit | No choreography here, just old school basic training, circuit style. This is an advanced class ... expect to work it hard for 45 minutes. You can rest when it's over or continue to push your body through the spin class that follows! |
| Power Yoga | A challenging class that incorporates physical strength and balance to focus the mind, while toning the body. Power yoga combats fatigue and will leave you feeling fresh and energized! Abdominal exercises are utilized to strengthen the core and help integrate the connection between the upper and lower body. |
| Spin City | Get ready for an all-terrain ride using flats, hills, sprints, jumps and many more creative variations to get your legs spinning and heart pumping! Classes are 60 minutes in length with warm up and cool down included and each class is geared for participants of all fitness levels. |
| Step & Strength | This class will challenge your cardio, strength, agility and coordination by combining 30 minutes of high intensity movement using a step platform, followed by functional strength training that works multiple muscles-including abdominals and back. This class is more suited to the seasoned fitness enthusiast. |
| SundaySpin: Instructor's Choice | You might do a race day simulation, or you might do short sets of powerful hills and flats. Whatever happens, you can expect, a motivational, high energy experience and one heck of a workout! |
| Total Body Tornado | Fast forward a circuit training routine then add in multi-functional, highly dynamic movements and you've got yourself a total body workout like never before! Sequence after sequence of non-stop exercises blended together to raise your heart rate, strengthen all major muscle groups, fire your stabilizers, rock your core and in the end make you feel loosey goosey and good all over!!! |
| Triple Threat Surprise | Threat #1: 20 minutes of hi-low choreography that will get your blood moving! Threat #2: 20 minutes of hi-intensity step choreography to complete 40 minutes of solid cardio. Threat #3: 20 minutes of working on select, opposing muscle groups to tone and sculpt for that full, total body workout. An advanced class. |
| Xpress Circuit Training (ladies only) | A total body workout designed just for women. Feel the burn while this class pushes you to your Xtreme. Includes a warm up, cardio mixed with circuit resistance training, and a gentle stretching cool down. This class will leave you feeling like a new woman! <i>In Ladies Only Studio.</i> |
| Yoga | A therapeutic and restorative practice that relaxes the body and calms the mind. Simple and slow—paced, suitable for people of all ages, sizes, and fitness levels. An excellent introduction to yoga for the absolute beginner and a welcome repose for the more advanced student. This class focuses on basic stretches, coordinated with the breath, to increase flexibility, reduce stress and encourage, weight management. |