

March 2010 - Group Exercise Schedule

To reserve your spot, please sign up in person or by phone (416-979-2449) one day before the class. On Friday, you may reserve classes for the weekend as well as the following Monday. Classes are subject to change without notice. Please phone to confirm and sign up.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling 6:30am -45-60 min ¹	NEW CLASS Cycling Intervals-Speed 6:30am - 45-60 min	Cycling 6:30am - 45- 60 min	NEW CLASS Cycling Hills 6:15am - 45-60 min	Cycling 7:00am -45- 60 min	Boxing Boot Camp 9:00am - 60 min	
	Circuit Training 7:00am - 45 min		Circuit Training 7:00am - 45 min	Ready, Set, Go... Cardio 7:00am - 45 min	Cycling 9:00am - 60 min	
Pilates with Resistance 7:30am - 45 min	Cycling 7:30am - 45-60 min ¹	Pilates (Level 2-3) Sunrise Pilates 7:30am - 45 min	Cycling 7:15am - 45-60 min ¹ Yoga - Flow 10:00 am - 75 min		Cycling 10:00am - 60 min	Watch for an additional Sunday classes coming in the Spring...
Rapid Fire 11:30am-Only 30min!	Core Conditioning ⁴ (All Abs) 11:30am-Only 30 min!	Rapid Fire 11:30am-Only 30 min!	NEW CLASS Circuit Training ⁴ 11:30am - Only 30 min!	Rapid Fire 11:30am-Only 30 min!	Muay Thai Challenge 10:00am - 2 hrs!	
Cycling 12:00pm - 60 min ¹	Ashtanga Yoga 12:00pm - 75 min ¹	Pilates (Level 3-4) 11:30am - 45 min	NEW CLASS Core Conditioning ⁵ 11:30am - Only 30 min! Cycling 12:00pm - 60 min ¹	Yin/Yang Yoga 12:00pm - 90 min ¹	NEW TIME Ready, Set, Go... Cardio 10:00am - 50 min Starts March 6	Cycling 10:30am - 60 min
Boxing Boot Camp 12:00pm - 60 min	Boxing Boot Camp 12:00pm - 60 min	Rock Hard Abs ⁴ 12:00pm-Only 30 min!	Boxing Boot Camp 12:00pm - 60 min	Stability Ball Strength & Tone 12:00pm - 45 min	Pilates Essentials (Level 1-2) 11:00am-45 min	Athletic Agility 11:00am - 60 min
Ashtanga Yoga 1:00pm - 75 min ¹	Ashtanga Yoga 1:15pm - 75 min ¹	Cardio Hi-Lo Aerobics ⁴ 12:30pm-Only 30 min! Pilates Essentials (Level 1-2) 12:30pm - 45 min	Yoga - Flow 1:00pm - 75 min ¹	Yoga - Yin 1:30pm - 75 min ¹	Pilates Intermediate (Level 3-4) 12:00pm - 45 min	Yoga Basics 12:30pm - 75 min [*]
Circuit Training 1:00pm - 45 min	Bells & Balls 1:00pm - 45 min	The Workout 1:00pm - 45 min	Bells & Balls 1:00pm - 45 min	NEW CLASS Strength Basics 1:00pm - 45 min	Yoga Fusion Intermediate 12:45pm - 75 min	
Cycling 5:30pm - 60 min	Yoga Core Strength 5:30pm - 60 min	Yoga Fusion 5:15pm - 75 min	Pilates Plus (Level 3-4) 5:30pm - 60 min	Cycling 5:30pm - 60 min	NEW CLASS Cycling 4:00pm - 60min	
Bells & Balls 5:30pm - 60 min	Muay Thai All Levels 6:00pm - 60 min	Muscle Conditioning Circuit 5:30pm - 60 min	Muay Thai All Levels 5:30pm - 60 min	Boxing for Beginners 5:30pm - 60 min	<p style="text-align: center;">Back on Track with a Personal Trainer</p> <p>Are you on track with your New Year's resolution goals? Sometimes boredom, lack of results or being unsure of what to do can be frustrating. Our team of experts wants to help you get back on track and/or keep you on track.</p> <p>Book your complimentary appointment to discuss your goals, assess your current abilities and explain what you need to do (with or without a trainer) to stop spinning your wheels and achieve your goals once and for all. Contact info@totum.ca with your preferred date and time.</p>	
Pilates (Level 4-5) Intermediate 6:30pm - 60 min	Cycling 6:30pm - 60 min	NEW CLASS Move It! 6:30pm - 60 min	Cycling 6:30pm - 60 min	Yoga Fusion 6:30pm- 75 min		
Boxing Boot Camp 6:30pm - 60 min	Stability Ball Strength & Tone 7:00pm - 60 min	Boxing Boot Camp 6:30pm - 60 min	Muay Thai Advanced ² 6:30pm - 60 min	Muscle Conditioning 6:30pm - 60 min		
Cycling 7:30pm - 60 min	Cycling 7:30pm - 60 min	Ashtanga Yoga 7:30pm - 75 min ¹	NEW CLASS House Dance Workout 7:30pm - 60 min			
Rapid Fire 7:30pm-Only 30min!		Rapid Fire 7:30pm - Only 30min!				

Club Hours: Monday - Friday 6am-10pm, Saturday 8am-6pm, and Sunday 9am-6pm.

Please give yourself enough time to shower and change before the closing time.

1 You're welcome to leave these longer classes earlier. Please let the instructor know at the start of the class that you'll be leaving after 45 or 60 minutes. Be sure to spend your final 5 minutes to gradually cool down. Never stop exercising abruptly.

2 Participants for Advanced Muay Thai and Muay Thai Challenge must be pre-approved by Mina (Muay Thai Instructor).

3 Pre-registration and payment required. Enroll in advance at the Front Desk.

4 Class in the "boxing area"

5 Class in the "closed studio"

6 12-week program begins January 24 & 25 (see sidebar or contact info@totum.ca for more details)

Effective: Mar. 4, 2010 (3.1)

Important Class Notes:

- Remember to sign up for classes up to one day in advance. On Fridays you may sign up for classes on Saturday, Sunday and Monday.
- Once the class has begun if you are not present your spot may be given to a member on the waiting list, in order. If you are on the waiting list please do not enter the class until the instructor takes attendance and allows you into the class. Thank you for your patience and cooperation.
- If you have an injury or pain first consult with your Totum Life Science Chiropractor or Physiotherapist to determine which classes are appropriate for you.
- For help choosing the right classes for your fitness level and goals, please speak with your personal trainer or a lifestyle coach.
- Book your complimentary lifestyle consultation with a lifestyle coach by contacting the front desk at kingsstudio@totum.ca or phone 416.979.2449.
- VERY IMPORTANT...** Class participants: Please sign up in advance and arrive on time or early for all classes. Entry to classes is cut off 5 minutes after the scheduled start time. This is to avoid disrupting the flow of the class and to ensure your safety with a proper warm up and safe progression.

Class Descriptions

Ashtanga Yoga: This yoga practice generates heat through a vigorous flowing series of Yoga postures coordinated with enhanced breathing to develop strength and flexibility. Ashtanga yoga synchronizes breath, posture and movement to cleanse, stretch and strengthen the body as well as focus and calm the mind. This class is more challenging than Yoga Basics and Yoga Fusion.

Athletic Agility: Experience the dynamic conditioning associated with court and field sports to develop faster reaction time, better balance, speed, agility and quickness. This is a fun and different way of getting a great workout and it will transfer to your weekend sports. Please note that there is a chance for some physical contact.

Bells and Balls: Using Kettlebells (iron weight) and medicine balls you will "be all you can be". This no-nonsense approach to fat loss, muscular strength and endurance will take your fitness to the next level.

Boxing for Beginners: Join other beginners in this fun and balanced workout. You will learn proper technique and develop your cardiovascular and muscular endurance while having a good time.

Boxing Boot Camp: This class incorporates Boxing and ultimate conditioning exercises to get you into the shape of a true prizefighter. All levels welcome.

Cardio Hi-Lo Aerobics: This cardiovascular calorie-burning workout is right out of the 80s. You will be given both high impact and low impact options so that even if you're starting out you will be able to keep up.

Circuit Training: Full body strength and endurance training using bands, body weight, plus short cardio intervals. Cardio and strength all in one class!

Core Conditioning: Get in an efficient 30-minute core workout focusing on your abs and low back. Do this class on it's own or before or after your own weights, cardio or another class.

Cycling: Enjoy a well-rounded aerobic conditioning workout that will burn tons of calories and provide lots of variety. All levels are welcome.

House Dance Workout: House music followed the disco revolution. The sound, rhythms and the messages contained have developed and a widespread culture has grown. Following a similar path, a hybrid dance evolved from the disco steps of the 70's and became influenced by Tap, Latin, African, Hip Hop and other dance styles. Mainly a combination of the Jack (originated from Chicago), the New York footwork, Stomping and Skating is what now forms the foundation of House Dance. Beginners are welcome to this musically inspired fun dance workout!

Move It!: Move It! Combines intensive muscle conditioning, with the core balance, coordination and flexibility benefits of practicing martial arts and dance. Drawing influence from athlete-based training regimes, Capoeira and various dance forms (including a hint of Latin flavour!) Move It! Is a hard core full body workout. Benefits include: increased cardio, flexibility, coordination, balance, strength and muscle conditioning and maybe even a few new moves to show off to your friends! All levels welcome.

Muay Thai: Build your fighting spirit with Thai training methods including jump rope, punching and kicking the heavy bag plus body weight exercises. Develop devastating power, speed, endurance and fitness. All levels are welcome. Beginners, please let the instructor know at the start of class that you are new to Muay Thai. Remember to pace yourself.

Muay Thai Challenge: 2-hour Thai boxing for those with Muay Thai experience and high fitness level only.

Muay Thai Advanced: Participants must be pre-approved by Clifton Brown (World Champion).

Muscle Conditioning Circuit: An intense muscular endurance workout focusing on light resistance and high reps using bands, body weight and dumbbells plus cardiovascular conditioning intervals and/or agility. All fitness levels welcome.

Pilates: A series of exercises based on the work of Joseph Pilates to strengthen muscles with a focus on the body CORE. All levels are welcome. Level of difficulty is from (1) easy to (5) extremely challenging.

Primal Pattern Movement Workshops: Learn a new strength training technique each week: Squat, Bend and Lift, Pull, Push and Twist.

Rapid Fire: Cardio & strength in only 30-minutes! "Every class has prepared you for this and this class will prepare you for every class" – Antonio

Ready, Set, Go... Cardio: Do you hate using the cardio machines on your own? Join us for an all cardio class where you will be coached on the gym cardio machines (treadmill, bike or elliptical) plus cardio drills in the boxing area. Get this done early in the morning and enjoy the rest of the day guilt-free!

Resistance Training: Early morning strength training class using various modalities including Kettlebells, tubing, medicine balls & free weights. Build your strength and bone density. All fitness levels are encouraged to take this class.

Rock Hard Abs: Good ol' aerobics class style "mat work" to work your abs.

Stability Ball Strength & Tone: Full body muscle workout using a Stability Ball. All levels are welcome.

Strength Basics: Learn how to use a variety of strength equipment including Kettlebells, medicine balls, elastic tubing, Lebert Equiplizer and more. Each week will focus on two major muscle groups and work them through these various modalities. All levels of fitness are welcome as every exercise has options for varying level of difficulty.

The Workout: Join a Totum Life Science personal trainer for a full body group workout.

Yin/Yang Yoga: Each class balances both Yin and Yang postures. Some postures are held for several seconds and others for several minutes. This class includes relaxing wall stretches. All levels are welcome.

Yin Yoga: Most forms of yoga are Yang, emphasizing muscular movement and contraction. By contrast, Yin Yoga targets the connective tissue of the hips, pelvis and lower spine by holding postures for several minutes. This will help you to release tension and free your joints.

Yoga Core Strength: Build your strength and create flexibility in your core muscles through yoga-inspired balanced bodywork.

Yoga Fusion: The best of several styles of Yoga blended into one class (Hatha, Ashtanga & Iyengar). All levels are welcome.

Yoga - Flow Focus on breath work through this Ashtanga based practice.