



February 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 ⁵ 6:30am – 45-60 min ¹	Cycling 6:30am – 45-60 min	Intro to CROSSFIT Method ⁴ 6:30am – 40-45min	Cycling ⁵ 6:30am – 45-60 min ¹		Boxing Boot Camp 9:00am – 60 min	
Abs, Buns & Thighs 11:30am- 30 min!	Circuit Training ⁴ 7:00am – 45 min Cycling ⁵ 7:30am – 45-60 min ¹	Cycling ⁵ 7:00am – 30 min OR 7:00am – 60 min	Circuit Training ⁴ 7:00am – 45 min Cycling ⁵ 7:30am – 45-60 min ¹	Boxing Boot Camp 7:00am – 60 min	Cycling ⁵ 9:00am – 60 min Cycling ⁵ 10:00am - 60 min	
Boxing Boot Camp ⁴ 12:00pm – 60 min	Abs, Buns & Thighs ⁴ 11:30am – 30 min!	Pilates (Level 3-4) ⁵ 11:30am – 45 min	Abs, Buns & Thighs ⁴ 11:30am – 30 min!		Ready, Set, Go... Cardio ⁴ 10:00am – 60 min	Cycling ⁵ 10:30am – 60 min
Cycling ⁵ 12:00pm – 60 min ¹	Boxing Boot Camp ⁴ 12:00pm – 60 min	Boxing Boot Camp ⁴ 12:00pm – 60 min	Boxing Boot Camp ⁴ 12:00pm – 60 min	Stability Ball Strength & Tone ⁴ 12:00pm – 45 min	Muay Thai All Levels ⁴ 11:00am – 2 hrs!	NEW! Cycling ⁵ 11:30am – 60 min Start date TBA
Yoga Yin - Yang ⁵ 1:00pm – 60 min 60 min of bliss on your lunch break!	Yoga – Vigorous Vinyasa ⁵ 12:00pm – 75 min ¹	Pilates Essentials ⁵ (Level 1-2) 12:30pm – 45 min	Cycling ⁵ 12:00pm – 60 min ¹	Yoga – Yin ⁵ 12:00pm - 60 min	Pilates Essentials ⁵ 11:00am – 45 min	Athletic Agility ⁴ 11:00am – 60 min
Cycling ⁵ 5:30pm – 60 min	Bells & Balls ⁴ 1:00pm – 45 min	The Workout ⁴ 1:00pm – 45 min	Bells & Balls ⁴ 1:00pm – 45 min	Strength Basics ⁴ 1:00pm – 45 min	NEW! Pilates Intermediate ⁵ 11:45am – 45 min Start date TBA	Yoga Basics ⁵ 12:45pm – 75 min*
		Gyrokinesis (GK) Intro ⁵ 1:15pm - 60 min ¹	Yoga – Vinyasa Flow ⁵ 1:00pm – 75 min ¹		Yoga Jam 12:45pm – 75min NEW start time as of Feb. 11: 1:00pm	
Bells & Balls ⁴ 5:30pm – 45 min	Yoga Core Strength 5:30pm – 60 min	Yoga – Vinyasa Flow ⁵ 5:30pm – 60 min	Pilates Plus (Level 3-4) ⁵ 5:30pm – 60 min	Cycling ⁵ 5:30pm – 60 min	The Workout ⁵ 1:00pm – 60min	
Pilates (Level 4-5) Intermediate ² 6:30pm – 60 min	Muay Thai Conditioning ⁴ 5:30pm – 30 min Muay Thai All Levels ⁴ 6:00pm – 60 min	Muscle Conditioning Circuit ⁴ 5:30pm – 60 min	Muay Thai Advanced ⁴ 5:30pm – 90 min	Boxing for Beginners ⁴ 5:30pm – 60 min	<p style="text-align: center;">February Events</p> <p>Yoga 101 Workshop Saturday, Feb. 11 @ 2:30pm Free for members Guests are welcome: \$22</p> <p>Acuball Workshops</p> <p>Upper Body: Eliminate neck tension and headaches! Saturday, Feb. 25 @ 2:30pm</p> <p>Lower Body: Get ready for spring running season! Saturday, Mar. 10 @ 2:30pm</p> <p>RSVP to kingstudio@totum.ca</p>	
Boxing Boot Camp ⁴ 6:15pm – 60 min	Cycling ⁵ 6:30pm – 60 min	Cycling ⁵ 6:30pm – 60min	Cycling ⁵ 6:30pm – 60 min	Yoga - Fusion ³ 6:30pm– 75 min		
Cycling ⁵ 7:30pm – 60 min	Stability Ball Strength & Tone ⁴ 7:00pm – 60 min	Boxing Boot Camp ⁴ 6:30pm – 60 min	Intro to CROSSFIT Method ⁴ 7:00pm – 60 min	Muscle Conditioning ⁴ 6:30pm – 60 min		
Boxing Boot Camp ⁴ 7:15pm – 60 min	Cycling ⁵ 7:30pm – 60 min	Ashtanga Yoga ⁵ 7:30pm – 75 min ¹				
Yoga – Restore and Relax ⁵ 8:30pm – 75 min		Boxing Boot Camp ⁴ 7:30pm – 60 min				

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"

Club Hours:

Monday – Friday 6am-10pm

Saturday 8am-6pm

Sunday 9am-6pm

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

Effective: February 1st, 2012 (2.2)

Class Notes:

For optimal results, please plan to stay for the entire class. Also to minimize interruptions to the flow of the class, **kindly arrive on time and stay for the full duration of the class.** Certain classes have a specific 45-minute leaving options (e.g. Yoga and Cycling). Your instructors and classmates appreciate your cooperation.

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 kingstudio@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

Abs, Buns and Thighs: 30-minute class focusing on your abs, buns and thighs.

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.

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

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

GYROKINESIS® (GK) Intro: If you like yoga, dance, pilates, breath or core work then you'll love GYROKINESIS®. If you want to improve your posture and feel more limber try GYROKINESIS®. Members free (this time slot only); Guests \$30. Private and small group sessions are also available.

Intro to CROSSFIT METHOD: Join us for a new strength and conditioning class on Thursdays at 7pm. Learn how to lift properly and compete with your self. You must be free of injuries to participate.

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 Conditioning: 30-minute Muay Thai style of conditioning includes skipping, push ups, sit ups and body weight exercises used to train Muay Thai fighters.

Muay Thai Advanced: Participants must be pre-approved by the instructor.

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.

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! Includes stretching.

Restorative Pilates: Exercise Rehab on a pilates mat. Taught by Totum Chiropractor, Dr. Blessyl Buan, fine tune your endurance and strength in your core to build the foundation for optimal athletic performance. The perfect class for chronic low back pain, post natal and overall maintenance.

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 Equalizer 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.

Yoga - Ashtanga: 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.

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 – Hatha Flow: A combination of pranayama (breathing), asana (postures) and dhyana (meditation) to leave your body and mind relaxed and strengthened and ready for the workweek ahead.

Yoga Jam – Musical jam meets yoga. Each class is theme-based where you'll jam (yoga style) for 75-minutes. There will be flow, play, challenges and maybe even some discussion. Think work out and workshop combined!

Yoga – Restore and Relax Yoga: Let go of your Monday stress and find the playful balance of focus and letting go, effort and ease.

Yoga – Vinyasa Flow: Focus on breath work through this Ashtanga based practice. (**Vigorous Vinyasa** is just more intense)

Yoga – 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.

Yoga - Yin: 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.