

# totumlifescience

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## To reserve your spot, please sign up in person or call 416-925-5706

Monday - Friday classes require a minimum of 24-hour cancellation notice | Saturday-Sunday classes require a 48-hour cancellation notice  
 45 and 60 minute classes are \$26 each (drop in) or \$205 for 10 classes | 75 minute and Specialty Classes are \$30 each (drop in) or \$255 for 10 classes | \*Prices include HST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Cycling (Shelby) 6:15am - 45 mins	Spin (Amy) 6:30am - 45mins	Cycling (Shelby) 6:15am - 45 mins		Synergy (Shelby) 8:00am - 60 min	Revive (Amy) 9:00 am - 75 min
					Cycling (Shelby) 9:05am - 45 mins	

**Cycling** Join Shelby for the ultimate indoor cycling experience and improve your cardiovascular performance and cycling skills. This class is specially designed to maximize calorie burn with minimum time. All levels welcome!

**Spin** This indoor cycling class is designed for all fitness levels. The intensity of your ride is under your control, allowing you to work at a pace that is right for your body. The class focuses on aerobic conditioning and interval training, with brief, high intensity bursts that push past your anaerobic threshold.

**Synergy** combines the intuitive elements of Ancient Eastern cultures with the insightful qualities of the Western approach to wellness. This class combines Yoga, Tai Chi, and meditative stretch. Calm your mind while increasing your overall energy and health.

**Totum Revive** In this unique combination class, you will spin for 40 minutes on the bike for an amazing cardio workout, and transition into 15 minutes of pumping dumbbells to build upper body and core strength. Finish with a relaxing stretch and leave feeling strong, healthy, and energized.