



# GROUP FITNESS SCHEDULE FOR JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> <b>CHRISTMAS DAY</b>  <b>BIG SKY FITNESS CLUB HOURS</b> <b>OPEN 8AM - 5PM</b>	<b>2</b> <b>— NEW! —</b> 8:30AM BOOT CAMP - ROD 9:00AM TREAD & SHRED - TANA 1:15PM FIT & FEMALE - TANA <b>CLUB HOURS</b> <b>OPEN 8AM - 5PM</b>	<b>3</b> <b>— NEW! —</b> 6:00AM SPIN - PERVEEN 9:15AM THE DRILL - TANA 12:10PM SPIN - PERVEEN 5:30PM THE DRILL - TANA	<b>4</b> <b>— NEW! —</b> 8:30AM BOOT CAMP - ROD 9:15AM CORE, GLUTES & ABS - TANA 1:15PM FIT & FEMALE - TANA 5:30PM SPIN - PERVEEN	<b>5</b> <b>— NEW! —</b> 6:00AM SPIN - PERVEEN 9:00AM TRX HIIT - ROD 12:10PM SPIN HIIT - PERVEEN 6:00PM THE DRILL - TANA	<b>6</b> <b>— NEW! —</b> 9:00AM BOOT CAMP - ROD 9:15AM UPPER BODY BLAST - TANA 12:00PM THE DRILL - TANA 1:15PM FIT & FEMALE - TANA	<b>7</b> 9:00AM SPIN - PERVEEN <b>— NEW! —</b> 10:00AM CORE - ROD <b>— NEW! —</b> 10:30AM DEEP STRETCH
<b>8</b> <b>— NEW! —</b> 10:00AM SPIN - PERVEEN	<b>9</b> <b>— NEW! —</b> 8:30AM BOOT CAMP - ROD 9:00AM TREAD & SHRED - TANA 1:15PM FIT & FEMALE - TANA 5:30PM SPIN - PERVEEN	<b>10</b> <b>— NEW! —</b> 6:00AM SPIN - PERVEEN 9:15AM THE DRILL - TANA 12:10PM SPIN - PERVEEN 5:30PM THE DRILL - ROD	<b>11</b> <b>— NEW! —</b> 8:30AM BOOT CAMP - ROD 9:15AM CORE, GLUTES & ABS - TANA 1:15PM FIT & FEMALE - TANA 5:30PM SPIN - PERVEEN	<b>12</b> <b>— NEW! —</b> 6:00AM SPIN - PERVEEN 9:00AM TRX HIIT - ROD 12:10PM SPIN HIIT - PERVEEN 6:00PM THE DRILL - TANA	<b>13</b> <b>— NEW! —</b> 9:00AM BOOT CAMP - ROD 9:15AM UPPER BODY BLAST - TANA 12:10PM THE DRILL - TANA 1:15PM FIT & FEMALE - TANA	<b>14</b> 9:00AM SPIN - PERVEEN <b>— NEW! —</b> 10:00AM CORE - ROD <b>— NEW! —</b> 10:30AM DEEP STRETCH
<b>15</b> <b>— NEW! —</b> 10:00AM SPIN - PERVEEN	<b>16</b> <b>— NEW! —</b> 8:30AM BOOT CAMP - ROD 9:00AM TREAD & SHRED - TANA 1:15PM FIT & FEMALE - TANA 5:30PM SPIN - PERVEEN	<b>17</b> <b>— NEW! —</b> 6:00AM SPIN - PERVEEN 9:15AM THE DRILL - TANA 12:10PM SPIN - PERVEEN 5:30PM THE DRILL - TANA	<b>18</b> <b>— NEW! —</b> 8:30AM BOOT CAMP - ROD 9:15AM CORE, GLUTES & ABS - TANA 1:15PM FIT & FEMALE - TANA 5:30PM SPIN - PERVEEN	<b>19</b> <b>— NEW! —</b> 6:00AM SPIN - PERVEEN 9:00AM TRX HIIT - ROD 12:10PM SPIN HIIT - PERVEEN 6:00PM THE DRILL - TANA	<b>20</b> <b>— NEW! —</b> 9:00AM BOOT CAMP - ROD 9:15AM UPPER BODY BLAST - TANA 12:10PM THE DRILL - TANA 1:15PM FIT & FEMALE - TANA	<b>21</b> 9:00AM SPIN - PERVEEN <b>— NEW! —</b> 10:00AM CORE - ROD <b>— NEW! —</b> 10:30AM DEEP STRETCH
<b>22</b> <b>— NEW! —</b> 10:00AM SPIN - PERVEEN	<b>23</b> <b>— NEW! —</b> 8:30AM BOOT CAMP - ROD 9:00AM TREAD & SHRED - TANA 1:15PM FIT & FEMALE - TANA 5:30PM SPIN - PERVEEN	<b>24</b> <b>— NEW! —</b> 6:00AM SPIN - PERVEEN 9:15AM THE DRILL - TANA 12:10PM SPIN - PERVEEN 5:30PM THE DRILL - TANA	<b>25</b> <b>— NEW! —</b> 8:30AM BOOT CAMP - ROD 9:15AM CORE, GLUTES & ABS - TANA 1:15PM FIT & FEMALE - TANA 5:30PM SPIN - PERVEEN	<b>26</b> <b>— NEW! —</b> 6:00AM SPIN - PERVEEN 9:00AM TRX HIIT - ROD 12:10PM SPIN HIIT - PERVEEN 6:00PM THE DRILL - TANA	<b>27</b> <b>— NEW! —</b> 9:00AM BOOT CAMP - ROD 9:15AM UPPER BODY BLAST - TANA 12:10PM THE DRILL - TANA 1:15PM FIT & FEMALE - TANA	<b>28</b> 9:00AM SPIN - PERVEEN <b>— NEW! —</b> 10:00AM CORE - ROD <b>— NEW! —</b> 10:30AM DEEP STRETCH
<b>29</b> <b>— NEW! —</b> 10:00AM SPIN - PERVEEN	<b>30</b> <b>— NEW! —</b> 8:30AM BOOT CAMP - ROD 9:00AM TREAD & SHRED - TANA 1:15PM FIT & FEMALE - TANA 5:30PM SPIN - PERVEEN	<b>31</b> <b>— NEW! —</b> 6:00AM SPIN - PERVEEN 9:15AM THE DRILL - TANA 12:10PM SPIN - PERVEEN 5:30PM THE DRILL - TANA	<b>LEGEND</b>  <b>CARDEL REC SOUTH (CRS) LOCATION</b> 103, 333 Shawville Blvd SE Calgary, AB   <b>DOUGLAS GLEN (DG) LOCATION</b> 116, 3442 118th Ave SE Calgary, AB			



# GROUP FITNESS CLASS DESCRIPTIONS FOR **JANUARY**

## **NEW! BOOT CAMP (60 minutes)**

Boot camp is a combination of strength, cardio, muscle endurance, flexibility, core and functional movement patterns. You get EVERYTHING you need. Time Efficient Training our class is 60 minutes and you get in and get out. We keep you moving and burning fat from the first minute to the very end.

## **NEW! CORE (30 minutes)**

A smooth flow of exercises engages the body from head to toe for a full body workout. Feel poised and empowered in this high resistance, low impact class as you strengthen your core and improve your coordination and stability.

## **NEW! DEEP STRETCH (30 minutes)**

A full body class that teaches you to stretch to increase flexibility and relaxation that rejuvenates your entire body.

## **THE DRILL**

High intensity strength class for whole body conditioning. Fun equipment and bodyweight exercises in a group setting. Lots of variety!

**Class level:** all levels  
**Class type:** strength  
**Duration:** 60 minutes

## **CORE, GLUTES & ABS**

Core class with equipment to strengthen and tone your midsection. Learn new exercises and ways to train these stubborn areas!

**Class level:** all levels  
**Class type:** strength  
**Duration:** 60 minutes

## **SPIN**

Non-impact, calorie incinerating cardio vascular training class on a spin bike. Work at your own intensity and it will seem like play because of great music!

**Class level:** all levels  
**Class type:** strength & cardio  
**Duration:** 50 minutes

## **SPIN HIIT**

25 minutes of fast paced metabolic conditioning on a spin bike followed by 25 minutes high intensity interval training. Torch some calories and strengthen your entire body.

**Class level:** all levels  
**Class type:** strength & cardio  
**Duration:** 50 minutes

## **UPPER BODY BLAST**

Strengthen and build upper body stability and balance. Dumbbell work with great instruction!

**Class level:** all levels  
**Class type:** strength  
**Duration:** 60 minutes

## **TRX HIIT**

Results driven, innovative and fun TRX equipment used for a blend of strength and cardio. Muscular endurance and strength. You might be strong, but are you TRX Strong?

**Class level:** all levels  
**Class type:** strength & cardio  
**Duration:** 60 minutes