



GROUP-X SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					10:00am YOGA Lynn 	
				11:00am YOGA Fusion Robert 	11:30am PILATES-Mat Warren 	11:00am PILATES-Mat Sharon 
	12:00pm KANGOO Dorina (\$5 boot rental) 	1:00pm YOGA Fusion Robert 	12:00pm KANGOO Dorina (\$5 boot rental) 		1:00pm Muay Thai Peter 	
						
5:30pm KANGOO Dorina (\$5 boot rental) 		5:30pm Zumba Carol 	6:00pm SPIN Richie 			
6:30pm Zumba Maggie 	6:30pm SPIN Sarah 	6:30pm HyperFit Conditioning Personal Trainer 	7:00pm HyperFit Conditioning Personal Trainer 			
7:30pm PILATES-Mat Sharon 	7:30pm Muay Thai Peter 	7:30pm YOGA Lynn 	8:00pm PILATES-Mat Warren 			

- To offer Feedback, contact Yonge Street Fitness at (416) 920-3157
- Instructors and classes are subject to change.

Club Hours of Operation
 Mon - Fri 6:00 am to 12:00 am
 Saturday 7:00 am to 8:00 pm
 Sunday 8:00 am to 8:00 pm

Any Comments or Concerns Email: jayjay_Q@hotmail.com



CLASS DESCRIPTIONS

Kangoo: An explosive, highly motivating, choreographed interval training program. Designed to challenge the whole body, building muscular strength and endurance! (boot rental \$5 per class)

HyperFit Conditioning: Total body training bootcamp incorporates the step along with body weight exercises to leave you drenched in your own sweat by the end. Not only will you tone and strengthen, but you will burn a ton of calories as this is a cardio workout as well!

Abs, Butt & Legs: This lower body sculpting class will burn those muscles from the Booty, all the way down to your toes!

Spin: These studio cycling classes challenge your personal physical strength, endurance and strength of character. Combinations of jumps, hills and sprints will get your heart racing and your legs burning!

Zumba: Samba, cha cha and shake your hips while you burn unwanted calories to the rhythm of Latin music.

M.M.A. Muay Thai: This high intensity workout will keep you on your toes and coming back for more. A conditioning workout that will instruct members on foot work, slipping & evasion techniques, as well as punching and boxing styles. Skipping and core conditioning will be utilized to ensure a challenging M.M.A. class.

Pilates: Improve posture and create long, lean muscles with this workout that promotes both flexibility and strength. The movements will focus primarily on strengthening and stabilizing your core.

Yoga Fusion: An integration of Yoga, Pilates and Meditation. It is the art of mindful movement, an energy within calm and the perfect balance of flexibility, strength and relaxation.

Yoga: A total mind and body workout that will leave you invigorated and wanting more. Designed to develop physical and mental discipline while exploring and connecting poses. Using a heated body and steady breath to create a unique strength and flexibility workout. All classes a combination of hatha and ashtanga yoga.

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Club Phone Number

(416) 920-3157



GUEST PASS

Name: _____

Address: _____

Phone #: _____

LIMIT OF ONE GUEST PASS PER PERSON
MUST BE 18 YEARS OF AGE. SOME CONDITIONS APPLY.