

Timms Community Centre Drop-in Fitness Class Descriptions

ABT: 45 minutes

ABS, BUTT & THIGHS! Shape up and burn calories as you squat, lunge and crunch your way to fitness. Using weights, bands and bodyweight exercised put your Abs and lower body through high repetition based routines that will trim and tone those areas we love to hate!

Bodysculpt: 45 minutes

Work all of your muscles in every way possible in this class designed to build strength, add definition and decrease your body fat by increasing your lean muscle. Using dumbbells, tubing, body bars and body weight exercises you will transform the shape of your body.

Bodysculpt Plus: 60 minutes

Everything you love in the Bodysculpt class plus- Abs, Abs, and more Abs.... the last 15 minutes will be focused on trimming, toning and defining the tummy!

Bosu Sculpt: 45 minutes

Improve your balance, stability and strengthen your CORE in this challenging class that will give you the results you are looking for in less time! But... you will work for it! Bosu exercises combined with upper body sculpting exercises will work your entire body including your mental muscle as you push beyond your limits.

Flow Yoga: 60 minutes

Move slowly through yoga postures to build heat gradually and gently throughout the body. This class promotes healing, relaxation and flexibility. Includes both standing and sitting postures- participants must be comfortable getting to and from the floor. Beginners welcome!

Gentle-Fit: 45 minutes

A low-impact fitness class for all ages and abilities focusing on enhancing flexibility, strength, endurance and coordination. Using light weights and chairs (as needed for balance), participants will be led through a variety of exercises to high energy music. No mat work- suitable for all fitness levels.

Light Combo: 45 minutes

This class has it all! Using light weights, bands and body weight exercises, increase your muscular endurance and strength. Steps may be used for lower body toning and coordination. May include mat work- participants must be comfortable getting to and from the floor.

Light Combo Plus: 60 minutes

Everything you love in the Light Combo class plus- Abs, Abs, and more Abs.... the last 15 minutes will be focused on trimming, toning and defining the tummy!

Restorative Yoga: 60 minutes

Restorative yoga is a healing and recuperative experience that uses props and prolonged holding of a few simple poses to achieve a deep level of relaxation. Disconnect from the frantic activity of daily life and prepare your mind and body for meditation and a deepened awareness. The slower pace and deep breathing in restorative yoga helps calm the nervous system and increase body awareness. At the end of the session participants will feel refreshed and limber. No previous Yoga experience needed- beginners welcome.

Step & Sculpt: 45 minutes

Choreographed combinations on a step! Steps can be adjusted for your fitness level. Step fitness allows for ultimate calorie burn while toning your thighs and glutes. Upper body sculpting exercises will be incorporated using a variety of weights and bands to ensure a full body workout!

Total Body Conditioning (TBC): 45 minutes

If you are looking to get stronger, lose body fat and build lean muscle- then this class is for you! TBC workouts combine strength exercises with intervals of muscular endurance drills to produce a potent combination of challenging routines that will train and tone your entire body, increase your energy levels and zap away your stress!

TRX-Core: 45 minutes

This class focuses on building strength and muscular endurance in all major muscle groups through a variety of TRX suspension training exercises. Use your own body weight as you power through multiple sets of muscle conditioning. Combined with a variety of CORE body weight exercises- this class will tone your body! Mat work may be included- participants should be comfortable getting to and from the floor.

Yoga-fit: 45 minutes

This class will focus on energizing the body to help cultivate your energy for the rest of the day. Movements will help open the body while strengthening the mind-body connection through a series of balancing poses. Expect a variety of chest opening postures, body twists and light stretching to help release body tension.

