

## 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 a sculpted, toned body. Using weights, bands and fitballs put your lower body and ABS through high repetition based routines that will trim and tone all those areas we love to hate!

### **Body Sculpt: 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.

### **Bosu Sculpt: 45 minutes** 🍊

Improve your balance and 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!

### **Fit-Flow Yoga: 45 minutes** 🍊

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

### **Gentle-Fit: 45 minutes** 🍊

A low-impact fitness class for all ages and abilities focusing on enhancing flexibility, strength, balance 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, all levels of fitness welcome.

### **Light Combo: 45 minutes** 🍊

This class has it all! Using light weights, bands and body weight exercises, this class aims to 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.

### **Slow Flow Yoga: 45 minutes** 🌿

Flow 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.

### **Step & Sculpt: 45 minutes** 🏃‍♀️

Choreographed combinations on a step! Steps can be adjusted for your fitness level. Burn calories 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** 🧘‍♀️

Build strength and muscular endurance 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 is included- participants should be comfortable getting to and from the floor.

- 🌿 **Beginner level class;** suitable for all fitness levels
- 🏃‍♀️ **Moderate level class;** suitable for those with previous fitness class experience
- 🏋️‍♀️ **Intermediate level class;** recommended for those with previous weightlifting/fitness class experience and moderate fitness levels