

This Schedule is valid from January 11—February 28, 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 – 8:00am	UPPER BODY BURN (with dumbbells) Zoom Access HERE	TABATA (30 minutes) Zoom & Facebook Live Zoom Access HERE	LOWER BODY BURN (with dumbbells) Zoom Access HERE	LONG & LEAN (30 minutes) Zoom & Facebook Live Zoom Access HERE	BEGINNER YOGA Zoom Access HERE
11:30 - 11:45am	STRETCH BREAK Zoom Access HERE	STRETCH BREAK Zoom Access HERE	STRETCH BREAK Zoom Access HERE	STRETCH BREAK Zoom Access HERE	STRETCH BREAK Zoom Access HERE
12:15—12:45pm	HIIT Zoom & Facebook Live Zoom Access HERE	BOOTCAMP Facebook Live	CARDIO BOXING Zoom & Facebook Live Zoom Access HERE	HARD CORE Facebook Live	FULL BODY 45 (45 minutes) Zoom & Facebook Live Zoom Access HERE
4:30—5:15pm	BEGINNER YOGA (4:45—5:30pm) Zoom Access HERE		YOGA FLOW Zoom Access HERE		
5:00—5:30pm		ABS EXPRESS (20 Minutes) Zoom & Facebook Live Zoom Access HERE		ZUMBA Zoom Access HERE	

FACEBOOK: www.facebook.com/myFitnessWaterloo **INSTAGRAM:** www.instagram.com/myfitness_waterloo

All Classes are Currently *FREE* to All Sun Life Employees & myFitness Waterloo Members.

Email [General Manager, Amanda Browning](mailto:abrowning@livnorth.com) with questions abrowning@livnorth.com.

VISIT: www.myFitnessWaterloo.ca/remote-programs for all programs , classes, challenges and MORE from myFitness Waterloo

Please note: select classes get recorded and reposted after the class airs. Beginner yoga & stretch breaks do NOT get recorded. All other classes will be posted to the member portal after they air live.



Class Descriptions:

Stretch Breaks: Feeling stiff & sore? Needing a short movement snack? These sessions are 10-15 minutes in length designed with the desk worker in mind.

Upper Body Burn: Get ready to feel the burn in your upper body! Weights are required for this class.

Lower Body Burn: Lower body beware—this class will have you working all the muscles in the lower body! Weights are required for this class.

Tabata: This body weight class is a HIIT class using Tabata intervals. Enjoy 5 rounds with 8 moves, working in intervals of 20 sec of work with 10 sec of rest. Think you can't get a good workout in 20 seconds? Give it a try and see!

HIIT: The High-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calories burned. This workout focuses on muscle training, cardio and core work all using a HIIT format to get you results fast!

Beginner Yoga: This class is ideal for those who want to start yoga but don't think they are flexible. The hatha inspired class focuses on safe alignment in foundational poses offering optional modifications if you want more of a challenge. All bodies are welcome.

Bootcamp: Bootcamp is a class that mixes traditional callisthenic and body weight exercises with interval training and strength training. Get ready to push your body to its limits with this extreme full body strength and cardiovascular workout. Hooah!

Hard Core: Get ready for a full body burner, using optional weights, you will feel the whole body burn after this fun, full body class. Enjoy the core focus (not just Abs!)

Cardio Boxing: This is a high-energy boxing-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength all while using the music to push yourself further!

Yoga Flow: This class is a fitness fusion that will challenge and relax you with a focus on balance and flexibility. Yoga Flow is combination workout of Yoga, and Pilates. This class will build your flexibility, strength, and core all to music you love.

Abs Express: This is a quick and effective class building a burn throughout the core. 20 minutes & 5 moves is all it is going to take.

Full Body 45: Get ready to sweat and feel strong. This class changes the style each week, and focuses on a Full Body workout, designed to challenge every muscle group – without the use of any weights! Enjoy this 45 minute session.

Long & Lean: low impact pilates/barre inspired class. Bring along light weights (or soup cans! 1-3 lbs) & a chair for this high rep, low impact, full body, workout!

Zumba: We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.