

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 – 8:00am	<b>UPPER BODY BURN</b> (with dumbbells) Zoom <a href="#">Zoom Access HERE</a>	<b>TABATA</b> (30 minutes) Zoom <a href="#">Zoom Access HERE</a>	<b>LOWER BODY BURN</b> (with dumbbells) Zoom <a href="#">Zoom Access HERE</a>	<b>HIIT the WEIGHTS</b> (30 minutes) Zoom <a href="#">Zoom Access HERE</a>	
11:30 - 11:45am	<b>STRETCH BREAK</b> <a href="#">Zoom Access HERE</a>	<b>STRETCH BREAK</b> <a href="#">Zoom Access HERE</a>	<b>STRETCH BREAK</b> <a href="#">Zoom Access HERE</a>	<b>STRETCH BREAK</b> <a href="#">Zoom Access HERE</a>	<b>STRETCH BREAK</b> <a href="#">Zoom Access HERE</a>
12:15—12:45pm	<b>HIIT</b> Zoom <a href="#">Zoom Access HERE</a>	<b>BODY SCULPT</b> (30-45 minutes) Zoom <a href="#">Zoom Access HERE</a>	<b>CARDIO BOXING</b> Zoom <a href="#">Zoom Access HERE</a>	<b>BOOTCAMP</b> 30-45 minutes) Zoom <a href="#">Zoom Access HERE</a>	<b>FULL BODY 45</b> (45 minutes) Zoom <a href="#">Zoom Access HERE</a>
4:30—5:15pm			<b>YOGA FUSION</b> Zoom <a href="#">Zoom Access HERE</a>		
4:45—5:30pm	<b>PEACEFUL YOGA</b> Zoom <a href="#">Zoom Access HERE</a>				
5:00—5:30pm		<b>ABS EXPRESS</b> (20 Minutes) Zoom <a href="#">Zoom Access HERE</a>		<b>ZUMBA</b> Zoom <a href="#">Zoom Access HERE</a>	

**FACEBOOK:** [www.facebook.com/myFitnessWaterloo](http://www.facebook.com/myFitnessWaterloo) **INSTAGRAM:** [www.instagram.com/myfitness\\_waterloo](http://www.instagram.com/myfitness_waterloo)

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

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

**VISIT:** [www.myFitnessWaterloo.ca/](http://www.myFitnessWaterloo.ca/) for all programs, classes, challenges and MORE from myFitness Waterloo



## Class Descriptions:

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

**Upper Body Burn:** This 45 minute class requires the use of weights and is low impact. A strength class designed to build muscle and strength in the upper body including Back, Shoulders, Arms, Chest and more.

**Lower Body Burn:** Lower body beware, this 45 minute class requires dumbbells and access to a step (bench, chair etc) as we build strength in the lower body!

**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.

**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!

**Peaceful 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.

**Body Sculpt:** This full body class uses weights & household items (towel, pillow, chair) to work the entire body. This class is lower impact, ideal for those who want a full body workout with plyometrics!

**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!) This class may require the use of equipment.

**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 Fusion:** Redefine yourself with Yoga Fusion. Grow longer and stronger as you explore this 45 minute journey of Yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructor will enable you to centre your energy, reduce stress and even smile!

**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 focuses on a Full Body workout, designed to challenge every muscle group – we also include options for those with weights although no equipment is required.

**HIIT the Weights:** grab your weights and get ready for a high intensity strength class to torch calories and get your entire body working.

**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.