



SCHEDULE

racquet club

YELLOWKNIFE

ykracquetclub.com 867-920-2224



Effective Monday, July 31st, 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HARDCORE Catherine 9:15 to 10:00am				SPIN 45 Martha 6:30 to 7:15am		SWEAT EQUITY Caroline 9:30 to 10:30am
						SPIN 60 Skylar 10:00 to 11:00am
		SPIN 40 Skylar 12:10 to 12:50pm			SPIN 40 Devin 12:10 to 12:50pm	
	BARRE April 12:10 to 12:50pm (No class August 7th)	TORCH Diana 12:10 to 12:50pm	SWEAT EQUITY Heather/Kam 12:10 to 12:50pm	BLITZ Diana 12:10 to 12:50pm	HATHA Melissa 12:10 to 12:50pm	POWER BARRE Kelli 12:00 to 1:00pm
		POWER BARRE Kelli 4:30 to 5:30pm		POWER BARRE Kelli 4:30 to 5:30pm		
		SPIN 45 Melanie 5:30 to 6:15pm	DISCO SPIN April 5:30 to 6:15pm		DISCO SPIN Nikki 5:30 to 6:15pm	
	BLITZ Erwin 5:45 to 6:35pm (No class August 7th)	GRIT Kam 5:45 to 6:35pm	BOUNCE TABATA Diana/Natasha 5:45 to 6:30pm	HIIT Kam 5:45 to 6:35pm	YIN & RESTORE Toni 5:30 to 6:45pm (No class August 4th)	
	BARRE Natasha 6:45 to 7:45pm (No class August 7th)	VIVE! April 6:45 to 7:30pm (No class on Aug. 8th)	POWER PILATES Natasha 6:45 to 7:45pm (No class on Aug. 9th)			
		POWER FLOW Alison 7:45 to 8:45pm	BEGINNER YOGA Audrey 8:00 to 9:00pm	RESTORATIVE Leslie 7:45 to 9:00pm		
	HATHA Melissa 8:00 to 9:00pm (No class August 7th)					

CLASS LOCATIONS

FITNESS STUDIO

SPIN STUDIO

SQUASH COURT

*Instructors may change without notice.

CLASS CANCELLATION:

Classes may be subject to cancellation or removal from schedule due to low attendance.

Studio Classes:
Please sign up for ALL classes (except noon hour classes) upon FOBing in at the front desk. Sign-up sheets will be available 30 mins prior to class. You will not be permitted into class once the list is full.

Spin:
You may reserve a bike with your water bottle and hand towel.

CLASS DESCRIPTIONS

FITNESS

BARRE/POWER BARRE

MODERATE TO HIGH INTENSITY (40-60 MIN)
A highly focused, body molding workout that works towards improved posture, developing balanced muscle definition, sculpted arms, thighs and glutes and strong, flat abs. This mostly non-impact class also targets the assistor muscles which act as stabilizers and play a crucial role in preventing injury. Want a bit more challenge? Try **POWER BARRE** for more intensity.

BLITZ

MODERATE TO HIGH INTENSITY (40-45 MIN)
Target your whole body in this fast-paced circuit style class. With an ever changing combination of equipment and exercises, each station is designed to build strength, athletic coordination and aerobic conditioning. Sweat hard. See results.

BOUNCE TABATA

MODERATE INTENSITY (45 MIN)
Get ready to move! Did you know bouncing is very low impact on the joints and is beneficial for your immune system?!
Tabata Bounce will incorporate cardio and strength moves while working on the rebounders. All bouncers/levels welcome!

GRIT

MODERATE TO HIGH INTENSITY (50 MIN)
Get Ripped with Intensity Training!
GRIT combines interval training with cardio, resistance and weights for a total body workout. Work hard, sweat harder and watch your body get stronger and leaner. Show up, work hard and GRIT will transform your body head to toe. Are you ready to GRIT?

HARDCORE

LOW TO MODERATE INTENSITY (45 MIN)
This low impact class allows individuals to train for improvements in everyday life and targets the waistline, abs, obliques, lower back and glutes. Improve your posture, flexibility and increase balance by working these important muscle groups. Please bring a yoga mat, class will be done in bare feet.

HIIT

MODERATE TO HIGH INTENSITY (50 MIN) This enhanced form of interval training alternates periods of short intense anaerobic exercise with less-intense recovery periods. HIIT is a form of cardiovascular exercise. These short, intense workouts improve athletic capacity and condition, glucose metabolism, and are fat burning.

POWER PILATES

MODERATE INTENSITY (60 MIN)
Join Natasha for this fitness infused, upbeat pilates class. With precise and controlled movements, this class is designed to stretch and strengthen your muscles. Props may include light weights, bands and the bender ball. Please wear comfortable clothes you can move in and bring your own yoga mat.

SWEAT EQUITY

MODERATE TO HIGH INTENSITY (60 MIN)
What you invest is what you achieve. This strength focused class will include cardio components to increase the return on your time. Using a variety of equipment, including free weights, body bars, ViPR™, stability balls and plain old bodyweight, you will find yourself challenged and find that what you put in is what you get out.

TABATA

MODERATE TO HIGH INTENSITY (45 MIN)
Ignite your metabolism with this scientifically proven format. The TABATA protocol is interval training: 8 cycles of 20 second intense work periods and 10 second complete rest periods of

the same exercise. With your best effort the metabolic blaze can last up to 72 hours. Along the way you are going to get strong, lean and add an explosive element to your strength. The TABATA format lets you know what to expect; the weekly variety in exercises makes sure you're continually challenged.

TORCH

MODERATE TO HIGH INTENSITY (40 MIN)
Incinerate calories with this time-based cardio and strength workout. Intense effort brings intense results and every interval brings you closer to goals.

VIVE!

MODERATE TO HIGH INTENSITY (45 MIN)
This cardio based dance fitness class is suitable for ALL fitness levels and dance enthusiasts! If you like to shake it on the d-floor you'll love this easy to follow class designed to challenge you mentally and make you SWEAT! Come dance and better yet, sing along to Top 40 hits of today!

SPIN

SPIN

SELF-PACED (40-60 MIN)
This indoor cycling class is designed for all fitness levels. The intensity of your ride is under your control, allowing you to work at a pace that is right for your body. The class focuses on aerobic endurance conditioning and aerobic interval training, with brief, high intensity bursts that push past your anaerobic threshold. Please bring water to class. Reserve your bike with provided hand towel. Try **DISCO SPIN** for a club-like atmosphere.

YOGA

BEGINNER YOGA

LOW TO MODERATE INTENSITY (60 MIN)
If you have been curious about yoga this class is for you!
It will teach you the basics and allow you to progress at your own pace. Consistent attendance will build your skills, confidence and familiarity with the poses. Please wear comfortable clothing and bring your own yoga mat. Bare feet recommended.

HATHA

ALL LEVELS (60 MIN)
Hatha yoga simply refers to a set of physical poses designed to align the body and increase physical extension and stability. Hatha is translated as "sun" (ha) and "moon" (tha), relating to opposites explored such as effort and surrender, strength and length, and an even quality of breath. Participants will benefit from reduced tightness, increased mobility and circulation as well as improved balance and posture. In addition, the focus on breath awareness promotes calm and builds clarity of mind while facilitating greater ease and energy in the entire body. Please wear comfortable clothing and bring your own yoga mat. Bare feet recommended.

POWER FLOW

MODERATE TO HIGH INTENSITY (60 MIN)
Power Flow is a fitness-based Vinyasa practice. Each 60 minute yoga class is set to energizing music with a focus on building strength, flexibility, and breath awareness. You will leave this class feeling energized and strong, with a sweaty glow. All levels are welcome to join. Please wear comfortable clothing and bring your yoga mat.

RESTORATIVE YOGA

LOW INTENSITY (75 MINUTES)
Originally designed to help with recovery from illness or injury, Restorative Yoga encourages deep relaxation and meditation to restore health and peace of mind by finding the power of inner healing. It may feel like you are doing nothing but

the effects are undeniable. Please wear comfortable (warm) clothing and bring your own yoga mat. Socks are recommended.

YIN & RESTORE

LOW TO MODERATE INTENSITY (75 MIN)
Yin is a passive yet challenging asana practice. Yin poses stretch, strengthen and enhance the natural range of mobility the connective tissue of the hips, pelvis and lower spine. You will be in a pose for 3-5 minutes which will also increase the flow of energy to the tissues around the joints. This quiet, still practice also trains the mind to become comfortable with discomfort. We will close with one or two restorative poses. These are also held for a long period but are focused on resting the parasympathetic nervous system through intense relaxation. The perfect way to end the week and prepare for the weekend.