

## Total Conditioning Class Descriptions

**SPARK:** This 45 minute class builds a solid foundation of fitness and introduces you to our group training experience. It offers a full body workout, with 30 second stations to challenge participants and build a strong, base level of fitness.

**STRENGTH:** Get the full body strength you have always wanted. This class will take you back to more traditional strength based exercises to build lean muscle one class at a time.

**TOTAL CONDITIONING 1:** TC1 offers 45 second circuit style timed drills that challenge your speed, agility, strength, power, and endurance. This class is great for people looking to take their training to the next level.

**EXPRESS:** Half the time, twice the work! This quick 30 minute class involves all the favourite high intensity exercises from a Total Conditioning class only less rest time so we can maximize your exercise time.

**TOTAL CONDITIONING 2:** Take your training to the limit with TC2, a class geared for the fitness enthusiast. With 60 second time based exercises and drills, you will be challenged to reach your max.

**CARDIO & CORE:** Blast your aerobic system with a mix of cycling, rowing, running and other cardio focused exercises to build your endurance and deliver a cross-training experience. This class will also strengthen your core to build a strong foundation.

**FRIDAY SPECIAL:** Fun and fresh every Friday. Kick off the weekend with a splash, and tons of high fives.

**REDLINE:** Want to really see what you can do? Find the outer limits of the envelope? Come to Redline and find your limits...or that maybe you don't have any! This will be a combination of strength, cardio, power, agility and just plain hard work.

**RESTORE:** The harder you work, the better you need to recover. Spend time working on flexibility, muscle flushing and gaining strength through range of motion. Plus, you will feel better than ever for your next workout!

