

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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## Studio

**\*Additional Group Fitness Classes can be found on the “Yoga, Multipurpose & Martial Arts” Schedule**

OPEN 8:00am-9:15am	OPEN 6:00am-8:30am	OPEN 6:00am-7:30am	OPEN 6:00am-8:30am	OPEN 6:00am-7:30am	OPEN 6:00am-7:30am	OPEN 8:00am-9:15am
		<b>7:45am</b> Stretch and Strength (Deb 45min)		<b>7:45am</b> Stretch and Strength (Deb/Vickie 45min)	<b>7:45 am</b> T.B.C Ann (50 min)	
	<b>8:45am</b> Start Strong (Ann/Vickie 50min)	<b>8:45am</b> Body Blast (Deb 50min)	<b>8:45am</b> Muscle Mash Up (Leah 50min)	<b>8:45am</b> Body Blast H.I.I.T (Deb 50min)	<b>8:45am</b> Muscle Mix (Leah/Vickie 50min)	
<b>9:30am</b> Energize Me / Pilates (Robyn/Vickie 50 min)	<b>9:45am</b> Cardio Craze/ Instructor’s Choice (Tracy/Vickie 50min)	<b>9:45am</b> Cardio Sculpt/Dance and Tone (Vickie/Hollie 50min)	<b>9:45am</b> Aging Stronger (Leah 50min)	<b>9:45am</b> Dance and Tone (Hollie 60min)	<b>9:45am</b> Aging Stronger (Leah 50min)	<b>9:45am</b> Saturday Fun (Janet 60min)
OPEN 10:45am - 4:00pm	OPEN 10:45am - 5:00pm	OPEN 11:00am-12:45pm	OPEN 11:00am - 5:15pm	OPEN 11am-12:45pm	OPEN 10:45am - 4:15pm	
		<b>1:00pm</b> Afternoon Circuit Fix (Conor 50min)		<b>1:00pm</b> Afternoon Circuit Fix (Conor 50min)		
		OPEN 2:00pm - 6:00pm		OPEN 2:00pm - 5:45pm	<b>4:30pm</b> Impact Kickboxing (Uwe 60 min)	
	<b>5:15pm</b> Impact Kickboxing (Uwe 60min)		<b>5:30pm</b> TRX (Frances 60 min)	Studio CLOSED for Pedal Party/ Core 6:00pm-6:45pm	OPEN 5:45pm - 6:00pm	OPEN 10:45am - 4:00pm
	OPEN 6:30pm -7:00pm	<b>6:15pm</b> Circuit Breaker (Robyn 50 min)	OPEN 6:40pm -7:00pm		<b>6:15pm</b> Booty Builder (Robyn 50min)	
	<b>7:15pm</b> Karate (Sensei Kristie/Shihan Jason 60min)	OPEN 7:30pm - 9:00pm	<b>7:15pm</b> Karate (Sensei Kristie/Shihan Jason 60min)	OPEN 6:45pm-9:00pm		
	OPEN 8:15pm-9:00pm		OPEN 8:15pm - 9:00pm		OPEN 7:30pm - 9:00pm	

# Studio Group Fitness Schedule



[www.pefac.ca](http://www.pefac.ca)

Like us on Facebook  
Instagram @thepefac  
[info@pefac.ca](mailto:info@pefac.ca)

Legend (for Online Viewing)

**Yellow** = Room CLOSED  
for Rental

**Afternoon Circuit Fix** - This class is aimed to encourage the male population to enjoy the benefits of fitness in a group setting. Exercises consist of movements focusing on cardiovascular health as well as improving muscular strength and endurance. Workouts are performed in a setting where participants execute different exercises separately allowing individuals to work within their own capabilities with modifications available for all exercises. Limit of 15.

**Aging Stronger** - This strength class will focus on the total body, building muscle strength and bone density to help keep you active and not sitting on the sideline. Limit of 25.

**Body Blast** - A cardio aerobics class choreographed to great music that will get your heart rate up, blood pumping and oxygen flowing. Limit of 30.

**Body Blast H.I.I.T** - This class combines choreographed cardio aerobics with high intensity intervals to improve both cardio, strength capacity and endurance. You will use a variety of tools such as weights and bands as well as your own body weight. The class finishes with a cool down stretch to help lengthen muscles, increase range of motion and aid in recovery. Limit of 20.

**Booty Builder** - This fun interval style training program will work the legs, glutes and core. Using bands, weights and steps to build a solid stability foundation for your body with strength and flexibility training. Have the glutes you've always wanted and feel great because of it. Limit of 20.

**Cardio Craze** - A 60-minute, high-energy workout that's all about fun, sweat, and serious calorie burn! This upbeat class combines heart-pumping cardio moves with easy-to-follow choreography to keep you moving and motivated. Limit of 20.

**Cardio Sculpt** - A high-energy workout combining cardiovascular exercise with strength training sculpting exercises for a full-body workout, improving cardiovascular endurance, increasing muscle strength tone, and boosting metabolism. Limit of 30.

**Circuit Breaker**: A high intensity class done in circuit stations. This workout will involve rotating through various exercises using body weight, bands, steps and weights targeting different parts of the body. Limit 20

**Dance N' Tone** - Fun cardio dance workout to great music, (participants are welcome to go at their own pace) plus muscular endurance. You will have so much fun; you won't even realize you're working hard! Limit of 30.

**Energize Me** - A cardio strength full body program that will vary with interval circuit training using resistance equipment such as weights, bars, bands and steps to enhance the effectiveness of your workouts that will have you feeling energized when you are done. Limit of 20.

**Instructor's Choice** - Enjoy a different workout every-other week as your instructor comes prepared with their favourite cardiovascular, muscular strength and endurance, flexibility or combo class! Workout formats will vary. Limit of 20.

**Impact Kickboxing** - Impact Kickboxing is the combination of boxing, kickboxing, and Martial Arts training styles with no physical body contact. The main focus is on total body training, core strengthening, coordination, balance, and flexibility. Learn boxing and kickboxing skills techniques while improving muscle conditioning and endurance. This class will allow you to push your body, mind, spirit, and is a great way to relieve stress. Limit of 20

**Karate** - Okinawa Goju Ryu Karate is one of the oldest, most traditional styles of Karate. It is a beautiful style and an efficient method of self-defence, also it's a great way to get into shape. Suitable for everyone! Bi-weekly Tuesdays and Thursdays, refer to Wellness Living for accurate schedule. Limit of 15.

**Muscle Mix** - A full body workout targeting all the major muscle groups focusing on increasing muscle strength and tone. Limit of 25.

**Muscle Mash Up** - Come experience this dynamic class designed to boost strength and endurance while enhancing functional fitness, balance, posture, and flexibility. Each session features a variety of tools and exercises to keep your body challenged, helping you become stronger and leaner! Limit 25

**Pilates** - This class is a mix of stretch while building strength as we use our 'powerhouse' (core, glutes, lower back muscles). A variety of equipment is used such as resistance bands, foam rollers and balls. Limit of 20.

**Saturday Fun** - Enjoy this 1-hour intermediate class with fantastic music. Lots of warm-up and cardio moves, as well as muscle conditioning, balance, posture and flexibility exercises. Limit 20

**Stretch and Strength** - combines stretch moves and light resistance to lengthen your muscles and increase your range of motion and flexibility. Limit of 25.

**Start Strong** - Want to start your day off strong? Join us for this full body work out. This class will target all major muscle groups to build up muscle strength and endurance. A variety of equipment will be used such as dumbbells, body bar, step, stability ball. Cap of 25

**TRX** - A total body workout using the TRX suspension equipment. Exercises can be done while standing, on an incline, prone, on the floor etc. TRX is a great way to work the core muscles while also focusing on specific muscle groups. Limit of 9

**T.B.C** - A unique circuit class incorporating TRX straps, the Bosu ball and Essential core-conditioning exercises to elevate your fitness. Challenge yourself in this power-packed workout fusing agility, balance and strength. Limit of 9