



**Vibrant Living**  
Fitness Centre  
Work us in... We'll work you out

## Group Exercise Class Description

### **Power Pump:**

This is a weight training class that works all your major muscle groups to the point of muscular fatigue. You will be using barbells and free weight for this hard core, high energy class. Combine this class with a cardiovascular workout and you will become strong and lean.

### **GET HITT – High Intensity Interval Training:**

This class alternates between high and low heart rate intensities. A variety of small equipment will be used. This classes will not only burn loads of calories, but you will have fun doing it.

### **GET LIIT – Light Intensity Interval Training:**

This class alternates between high and low heart rate intensities while keeping the intervals low impact & light. A variety of small equipment will be used. This classes will not only burn loads of calories, but you will have fun doing it.

### **GET SWIFT – Spin Weights Interval Fun Training:**

A 30-minute all-terrain spin session with a 10-minute weight training interval blast combo class designed to burn more calories than an endurance class. It will take your heart rate up and down, challenging and possibly increasing your anaerobic threshold. Take your training to your ultimate level by participating in this fun filled high intensity workout.

### **GET PHIIT – Pilates High Intensity interval Training:**

This class will Incorporate Pilates exercises with high intensity intervals. Not only will you be improving your core strength, but it is a sure way of improving your overall strength while getting a good sweat. Quite challenging!

### **Spin / All Terrain:**

All Terrain Spin Classes are designed to take the rider through simulated flat terrain, hill climbs, sprints and anything in between. Drills will be used to challenge the rider's potential while ensuring an overall increased heart rate response.

### **Absolute Abs:**

You asked for it and you got it! This is a twenty to thirty-minute class that will concentrate on core conditioning.

### **Hatha Yoga:**

This is a traditional yoga class that emphasizes mindfulness, relaxation, while increasing flexibility. It is a great way to de-stress and release tension.

### **SLL – Strong / Long / Lean:**

Working with the Pilates mat syllabus and a variety of small apparatus, this class will emphasize proper alignment, engage joint stabilization while targeting the development long lean muscles.

**Quick Fix Class - BLT & ABS:** Thirty minutes of straight Butt, Legs and Thigh exercises with 15 minutes of abdominal exercises...a sure way to get toned.