



Grand Bend Fitness Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Morning Classes 9:30 Cardio 60 min</p> <p>Evening Classes 6:00 Kickboxing 30 min</p>	<p>Morning Classes</p>	<p>Morning Classes 9:30 Body Pump 60 min</p> <p>10:30 Yoga Stretch 30 min</p> <p>Evening Classes 6:15 Kickboxing 40 min</p> <p>7:00 Kettlebell 60 min</p>	<p>Morning Classes</p> <p>Evening Classes 6:00 Boot Camp 45 min</p> <p>7:00 Zumba 60 min</p>	<p>Morning Classes 9:30 Cardio / Resistance 60 min</p>	<p>Morning Classes 9:00 Kick Boxing 30 min</p> <p>10:00 Cardio 60 min</p>

Kickboxing - This powerful workout is a combination of martial arts, boxing, kickboxing and basic training all in one! Using boxing gloves and punching bags, you'll punch and kick like you never thought you could. Long workout pants are recommended.

Body Pump - A cardio warm-up followed by total body weight training using a barbell or dumbbell. Finishes with abdominal work and stretching.

Cardio/Resistance - A combination of cardio, abs, mat work, and resistance bands. Ending with gentle stretching.

Step/Cardio - Overall warm-up followed by basic movements of choreographed patterns with or without the use of a step.

Footwear Note - Kickboxing is practiced in bare feet. All other classes require clean indoor running shoes.

Cardio - Start the week off right with a fun filled hour of easy to follow, choreographed movements.