



Adelaide Club
Toronto

GROUP FITNESS SCHEDULE

EFFECTIVE SEPTEMBER 28, 2023

ONLINE SIGN-UP REQUIRED FOR ALL CLASSES

Contact laura@adelaideclub.com for access

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7-7:45 ^{am} STRENGTH & STAMINA Courtney (F/S) <small>OCT 2nd ONLY</small> 7:50-8:30 ^{am} A-RIDE BASICS Courtney (Ride)		7-7:45 ^{am} POWER INTERVALS Rory (F/S)			
	11:30 ^{am} -12:15 ^{pm} STEP & PUMP Renata (P/S)	11-11:45 ^{am} FULL BODY MOBILITY Marie-Hélène (Flow)	11:30 ^{am} -12:15 ^{pm} SWEATY & STRONG Lauren (F/S)	11 ^{am} -12 ^{pm} TNT Lori (P/S)	10-10:45 ^{am} HIIT IN 45 Cesar (P/S)	10-10:50 ^{am} CARDIO STEP TO THE CORE Garry (P/S)
12-12:45 ^{pm} TRANSFORM Garth (P/S)	12-12:45 ^{pm} A-RIDE Blair (Ride)	12-12:45 ^{pm} DEFINITION Marvin (F/S)	12-12:45 ^{pm} A-RIDE Blair (Ride)	<small>CLASS CHANGE</small> 12-1 ^{pm} MOBILITY MAX Vysh S (Flow) <small>OCT 6 TO 27 ONLY</small> 12:15-1 ^{pm} A-RIDE MUSIC HITS Shirley (Ride)	10:50-11:30 ^{am} AWESOME ABS Cesar (P/S)	
12:15-1 ^{pm} A-RIDE Lauren (Ride)	12:15-1 ^{pm} BARRE Rory (F/S)		12:15-1 ^{pm} SUPER SCULPT Garry (P/S)		11 ^{am} -12 ^{pm} YOGA STRETCH & STRENGTH Susan (Flow)	11 ^{am} -12:15 ^{pm} HATHA YOGA II Ian (Flow)
	12:30-1:10 ^{pm} EXPRESS CARDIO & CORE Garth (P/S)	12:45-1:45 ^{pm} HATHA YOGA I Ian (Flow)			12-12:45 ^{pm} CARDIO STEP & PUMP 101 Renata (P/S)	
1-2 ^{pm} HATHA YOGA II Ian (Flow)	1-2 ^{pm} POWER YOGA Lori (Flow)	1-1:45 ^{pm} BOOTCAMP Lauren (P/S)	12:30-1:30 ^{pm} VINYASA FLOW Ian (Flow)			
5-5:30 ^{pm} HIIT IN 30 Laura B (P/S)	5-5:45 ^{pm} POWER INTERVALS Johnny (F/S)	<small>OCT 4th ONLY</small> 5:15-5:55 ^{pm} A-RIDE BASICS Courtney (Ride)	4:45-5:30 ^{pm} POWERHOUSE GLUTES & ABS Laura (P/S)			
5:35-6:20 ^{pm} BARRE Laura B (F/S)	5:30-6:15 ^{pm} VIDEO HITS RIDE Felix (Ride)	5:30-6 ^{pm} HIIT IN 30 Lauren (P/S)	5:30-6:30 ^{pm} DEEP STRETCH Renata (Flow)			
5:30-6:30 ^{pm} YOGA FUSION Robert Y (Flow)		5:45-6:45 ^{pm} YIN YOGA Vivian (Flow)	5:35-6:20 ^{pm} PEAK PERFORMANCE Laura (P/S)			
5:45-6:35 ^{pm} BOXING Richard (P/S)	6:15-7:15 ^{pm} VINYASA FLOW Ian (Flow)	6-6:45 ^{pm} A-RIDE Courtney (Ride)	5:45-6:45 ^{pm} BARRE BURN Johnny (F/S)			
6:30-7:30 ^{pm} HOT VINYASA FLOW Robert (Flow)		6:15-7 ^{pm} PILATES Erika (F/S)	6:45-7:45 ^{pm} DANCE PARTY Alex (F/S)			
6:30-7:30 ^{pm} DEEP STRETCH Renata (F/S)		6:15-7:05 ^{pm} BOXING Richard (P/S)				
		7-8 ^{pm} CANDLELIGHT YOGA & MEDITATION Robert Y (Flow)				

STUDIOS:
P/S = Power Studio
Flow = Flow Studio
F/S = Fusion Studio
Ride = Ride Studio

CLASS DESCRIPTIONS

Level 1 = beginner Level 2 = intermediate Level 3 = advanced/experienced

CARDIO

A-RIDE: Utilizing Stages technology to track your rides, our ride classes offer a mixture of stamina, power and hills. Each class will vary and challenge both your aerobic and anaerobic system. A great way to get your sweat on in a short time. (All levels)

A-RIDE BASICS WITH COURTNEY - OCT 3RD & 4TH: Are you new to Cycle or looking to strengthen your understanding of Stages? This class is designed for you! Learn all of the basics you need including bike set up, FTP (Functional Threshold Power), how to read the screen, form and more. Courtney will guide you through everything you need to know in this 40mins class to set you up for Cycle success. Please visit the Adelaide Club website "Classes-Ride" tab to register a Stages profile before your first class (more information available at the Front Desk, if needed) Level 1

A-RIDE MUSIC HITS WITH SHIRLEY - OCT 6TH TO 27TH: Use Stages technology to track your rides, as you complete intervals, climbs, and sprints to a different music hits theme each week.

BOXING: This high-intensity aerobic class will give you an awesome workout while keeping you excited and motivated throughout. Wraps are recommended and can be purchased at the Adelaide Store. (Level 2 & 3)

CARDIO STEP & PUMP 101: An introductory class for those new to super cardio step and pump. The class aims to introduce you to a new style of intense cardio using the step platform and weights. Get your heart pumping and have some sweaty fun through easy-to-learn combinations and drills. (Level 1 & 2)

DANCE PARTY: Dance Party is a multi-cultural inspired, international dance fitness aerobics class. This guided class is a fun, effective dance workout that is a good option for people who enjoy upbeat music and an energetic group exercise. (All levels)

EXPRESS CARDIO & CORE: An all body-weight class that will get your heart rate up and target your trunk to build core strength, all in 40mins- perfect for those with a busy schedule! (All levels)

STEP & PUMP: This class combines step combinations with intervals of upper and lower body strength using a variety of equipment. (All levels)

VIDEO HITS RIDE: Using intervals, climbs, and sprint work, this class will have you riding along to your favourite music videos on the TVs. (All levels)

Please visit https://www.adelaideclub.com/Portals/adelaideclub/pdf/track_your_rides.pdf to set up your 'stages flight' profile before your first ride.

CARDIO & WEIGHTS

BOOT CAMP: This class starts with high intensity anaerobic drills followed by intervals of strength and muscular endurance. The music and energy in this class will keep you coming back for more! (Level 3)

CARDIO STEP TO THE CORE: This full body class will use weights, barbells, and steps to challenge your strength and cardio. Intended for new to basic steppers. (All Levels)

DEFINITION: This class focuses on strengthening those smaller secondary muscles, which aid to promote better balance and prevent injuries. Light weights exhaust the muscles through endurance. Intervals of dance-inspired movement, elevate the heart rate into fat burning zone makes this a perfect break in the middle of your day. (All Levels)

HIIT IN 30/HIIT IN 45: This high intensity interval training class will incorporate cardio and strength exercises to have your muscles burning and heart pumping in no time! (Level 2 & 3)

PEAK PERFORMANCE: You will target your body from all angles to get you in peak performance shape. Longer, cardio-focused drills to increase stamina, explosive movements to increase power and slower, heavy resistance/weight work to build strength. (Level 2 & 3)

POWER INTERVALS: Train your muscles for power and anaerobic endurance using timed intervals. Body and free weight exercises will whip you into amazing shape! (Level 2 & 3)

POWERHOUSE GLUTES & ABS: Strength and high-intensity power drills, focused entirely on glutes and core. You will target both stabilizer and large muscle groups in the lower body and trunk. Power and cardio drills will stay focused on those areas but work to increase heart rate for improved athletic performance- get ready to sweat and burn! (All Levels)

SUPER SCULPT: This choreographed workout both strengthens and provides an up-tempo aerobic workout using light to medium weights. (All levels)

SWEATY & STRONG: This class will challenge both your cardiovascular system as well as strength. Perfect your technique as you test your muscles. You'll leave sweaty and accomplished! (All levels)

TNT: High intensity intervals make this an effective workout that will leave you a lean, mean, fat burning machine! Different exercises each week to keep your body challenged.

TRANSFORM: Ramp up your energy in this 45-minute, music-driven, high-intensity, total body workout. Leave the class feeling accomplished and ready to take on your day. (All Levels)

MUSCLE ENDURANCE

AWESOME ABS: In just 30 minutes, you'll build and challenge your core strength which will further promote total body performance. (All Levels)

BARRE: Using the barre, small weights and other light resistance you will strengthen, lengthen and sculpt in this ballet-inspired, full-body workout. No dance experience necessary. (All Levels)

BARRE BURN: This full-body class uses the ballet barre to help target balance, coordination, and strength. Assisted by dumbbells and your body weight to feel more

agile, lean, and powerful, experience how this apparatus can improve your life. Be prepared to exercise barefoot (or wear grippy socks) to be as grounded as possible.

STRENGTH & STAMINA: Focusing on increasing strength as well as muscular endurance, this class will have you using a variety of equipment and weights, conditioning your core and challenging your body to become more defined, long and lean. Great for those just easing back into the workout regime, yet tough enough for the vets. (All levels)

YOGA & STRETCH

CANDLELIGHT YOGA & MEDITATION: Join us for a deeply rejuvenating evening of gentle postures, breath work and meditation techniques with candlelight to enhance a state of calmness and deep physical relaxation. The perfect class to wrap up a full day of busy-ness!

DEEP STRETCH & RELEASE: Improving flexibility, posture and breathing will help release tension throughout the body and deepen your stretch & relaxation. Athletic shoes required. (All levels)

FULL BODY MOBILITY: This class is the perfect combination of strengthening + stretching, covering all major joints and muscle groups to help you increase your overall mobility. Expect to see techniques from the world of professional dance as well as yoga, barre, Pilates and more. Perfect to offset the physical impacts of a restrictive desk job, improve athletic performance, or simply experience greater ease of movement. (All Levels).

HATHA YOGA I: Learn the foundations of a good yoga practice. Postures are taught with attention to detail and proper body alignment. (Level 1)

HATHA YOGA II: This class connects movement to breath and one pose flows into the next. More advanced yoga poses are introduced. (Level 2)

HOT VINYASA FLOW: A creative mix of sun salutations, challenging poses and balances. The room temperature will be a toasty 90° F, so bring a towel, your water bottle and perhaps some friends and we'll detox our minds and bodies together. (Level 2 & 3)

MOBILITY MAX: Maximize your strength training with mindful awareness. This class combines the essential principles of mobility with mindfulness techniques to help you unlock your body's potential. By enhancing your range of motion and addressing

common mobility limitations, you'll not only lift more effectively but also reduce the risk of injury while cultivating a deep mind-body connection. (Level 1)

PILATES: Working with the torso as the body's centre, this class will enhance muscular balance and improve posture. You will learn proper alignment and breathing techniques. (All levels)

POWER YOGA: Traditional yoga postures and flows performed in a heated room. This class incorporates deep breathing, core activation, and a perfect balance between strength and length for your whole body. (All Levels)

VINYASA FLOW: This dynamic vinyasa style yoga class connects movement to breath. It is a more challenging class that introduces several advanced poses. (Level 2 & 3)

YIN YOGA: Stretch muscles and connective tissue in this therapeutic deep stretch class. Perfect for athletes as well as those hoping to relieve stress and muscle pain. (All levels)

YOGA FUSION: A combination of hatha, ashtanga, and kundalini yoga techniques, this class will engage your muscles, open your joints, calm your mind, and lift your spirits. (All levels)

YOGA STRETCH & STRENGTH: This hatha yoga class is focused on releasing tension, increasing mobility and improving strength. Based on sound anatomical principles, this mind-body practice is designed to help students experience greater freedom in the body, moving past limitations. Open to all levels from newcomers to advanced who get that "slow is the new edge."