

## Monday

9:00-11:30

*MS Yoga  
(Private)*

2:30-3:15

*Gentle TRX*

5:30-6:15

*Total Body  
Burn 2*

6:15-7:00

*Total Body  
Burn 1*

7:00-7:45

*Kinstretch*

## Tuesday

12:15-1:00

*Total Body  
Burn 1*

6:00-6:45

*Full Body  
Bootcamp*

## Wednesday

9:30-10:15

*Total Body  
Burn 2*

5:30-6:15

*Total Body  
Burn 2*

6:15-7:00

*TRX/  
Kettlebells*

## Thursday

12:15-1:00

*Total Body  
Burn 1*

6:00-6:45

*Full Body  
Bootcamp*

## Friday

9:30-10:15

*Total Body  
Burn 1*

10:30-11:15

*Wellspring  
Niagara  
Class*

## Saturday

9:00-9:45

*Full Body  
Bootcamp*

Reserve your spot  
using our online  
booking system!

## Which class is right for you?

### ***Total Body Burn 1***

This 45 minute circuit based class incorporates full body, functional training using the TRX suspension training system along with Kettlebells. The specific combination and timing of the exercises helps you maximize your workout and boost your fat burning potential. Great for beginner to intermediate levels.

### ***Total Body Burn 2***

“Total Body Burn 2” takes the traditional bootcamp approach to another level. This fast-paced class combines the TRX with medicine balls, kettlebells and sandbags all in one class. The goal is to strategically boost your metabolism using strength training and cardio based body weight training. For intermediate to advanced training levels.

### ***Gentle TRX***

These classes are specifically designed to promote and facilitate an active lifestyle with our aging population. Great for those individuals looking to stay active, independent and injury-free as they get older.

### ***Full Body Bootcamp***

Our bootcamp style class utilizes our fully equipped strength and conditioning centre . We combine the most effective conditioning exercises to ensure a metabolism boosting, heart pumping workout. All fitness levels welcome.

### ***TRX/ Kettlebells***

Using a combination of the TRX suspension trainer and kettlebells, we have designed a class that is a perfect blend of strength and cardio. Great for beginner to intermediate levels.