



# Victoria Park GROUP Exercise | Exercice en GROUPE Victoria Park

## September 7 to October 31 | Du 7 Septembre au 31 Octobre

MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI	SUNDAY DIMANCHE
6:30 to 7:15 SUPER SPIN Jayden <b>NEW!</b>	7:15 to 8:00 EXTREME TRX Annick	6:30 to 7:15 SUPER SPIN Yaron	7:15 to 8:00 EXTREME TRX Annick		GREEN = BAREFOOT BARN	ORANGE = ENERGY BARN
7:30 to 8:00 CARDIO KICKBOX Annick	7:30 to 8:30 BALL BOOTCAMP Joanna	7:15 to 8:15 BOOTCAMP Sebastian	7:30 to 8:30 BALL BOOTCAMP Joanna	7:30 to 8:00 TRX EXPRESS Annick		
8:00 to 8:30 EXTRM ABT Annick	8:00 to 8:15 EXPRESS ABS Annick	8:15 to 9:15 ENDURANCE SPIN Yaron	8:00 to 8:15 EXPRESS ABS Annick	8:00 to 8:30 EXTRM ABT Annick	9:00 to 10:15 YOGA GROOVE Naomi/Tammi	9 :00 – 10 :00 PURE PILATES Rose-Marie <b>NEW!</b>
9:00 to 10:00 YOGA FLOW Naomi	9:00 to 10:00 PURE BARRE Annick	9:00 to 10:00 YOGA FLOW Naomi	9:00 to 10:00 PURE BARRE Annick	9:00 to 10:00 YOGA FLOW Naomi	9:00 to 10:00 PLYO TRX+CORE Annick	
9:30 to 10:30 SPIN + SCULPT Joanna	9:30 – 10:30 HATHA FLOW Brian <b>NEW TIME!</b>	9:30 to 10:15 POWER SCULPT Geraldine		9:15 to 10:15 INTENSE SPIN Joanna	10:00 to 10:45 XTRM TONE Geraldine	
10:00 - 11:00 PILATES FIT Heidi		10:15 to 10:30 POWER STRETCH Geraldine	10:00 - 11:15 YOGA VIBE Victoria	10:00 - 11:00 PILATES FIT Heidi	10:15 - 11:30 VINYASA YOGA Tammi	10:15 - 11:30 YOGA Flow Catherine
		10:00 - 11:00 PILATES FIT Heidi			10:45 to 11:15 TRX MAT Geraldine	10:30 - 11:30 SPIN & CORE Pam/Jayden
	11:45 to 12:15 SPIN Geraldine		11:45 to 12:15 SPIN Geraldine		11:30 to 12:30 KILLER TRX Haskel	11:45 to 12:45 The 300 BLAST Haskel
12:15 to 1:00 POWER PILATES Jennifer <b>NEW!</b>	12:15 to 1:00 TRX EXPRESS Geraldine	12:15 to 1:00 POWER PILATES Jennifer <b>NEW!</b>	12:15 to 1:00 TRX EXPRESS Geraldine		12:00 - 1:15 YOGA FLOW Catherine	12:00 - 1:15 DETOX YOGA Tammi
	4:30 –5:15 POWER STRETCH Sarah <b>NEW TIME!</b>		4:30 –5:15 POWER STRETCH Sarah <b>NEW TIME!</b>	<p><b>NEW!</b></p> <p><b>PILATES ON THE REFORMER!</b></p> <p>40% off your first session, exp September 30, '10.</p> <p><i>Ask Reception about booking your own Pilates private or semi-private session!</i></p> <hr/> <p><b>We still have 7am to 8am FREE RUN LULULEMON WEDNESDAYS!</b></p> <p><b>With Annick and Joanna! Learn to love to run!</b></p> <p><small>Meet at the Health Club reception! Beginners welcome.</small></p>		
5:30 -6:30 PURE BARRE BODY Annick	5:30 to 6:30 MAT PILATES SOL Heidi	5:30 -6:30 PURE BARRE BODY Annick	5:30 to 6:30 MAT PILATES SOL Jennifer			
5:30 to 6:30 SUPER SPIN Yaron	5:30 -6:30 EXPRESS SPIN Anim <b>NEW!</b>	6:00 to 6:45 ZUMBA BLAST Mark <b>NEW!</b>	5:30 to 6:30 SUPER SPIN Yaron			
6:45 to 7:30 TRX EXPRESS Geraldine	6:30 to 7:15 FIGHTER FIT Stephane <b>NEW!</b>	6:45 to 7:30 TRX CHALLENGE Geraldine	6:30 to 7:15 FIGHTER FIT Stephane <b>NEW!</b>			
6:30 to 7:30 YOGA GROOVE Naomi	6:30 to 8:00 YOGA VIBE Victoria	6:30 to 7:30 YOGA GROOVE Naomi	6:30 to 8:00 DETOX YOGA II Tammi			
		7:30 to 8:30 PRE-NATAL YOGA Kim <b>NEW TIME!</b>				

**Victoria Park Health Club: 514.488.5182 or**  
Reserve by email at [class@vicpark.com](mailto:class@vicpark.com)

### RESERVE YOUR SPOT IN CLASS! RESERVEZ VOTRE PLACE!

Call our friendly Front Desk to reserve your spot in any of our classes, up to 24 hours before!  
Your spot will be saved until 5 minutes before class.

Réservez jusqu'à 24 heures à l'avance: votre place sera réservé jusqu'à 5 minutes avant le début du cours!



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## CLASS RATES | TAUX CLASSES

	MEMBER RATES	GUEST RATES
<b>COURS REGULIERS   REGULAR CLASSES:</b>	FREE	\$25
<b>CLASS PACKS :</b>	FREE	\$75 1-week unlimited    \$200 1-month unlimited    \$200 10-pack
<b>The Vic Park Running Group:</b>	FREE	FREE in spring, summer and fall!
<b>PILATES SEMI PRIVATE ON REFORMER :</b>	\$50	\$55
<b>PILATES PRIVATE ON REFORMER* :</b>	\$65/Hour	\$75/Hour
*10-packs are available!		

As space is limited, please reserve your spot 24 hours ahead of time.  
Your spot will be saved until 5 minutes before class.

## CLASS DESCRIPTIONS

<b>EXTRM ABT</b> [Abs, Butt and Thighs]	This metabolic boosting class is designed to tone and firm your core and lower body.
<b>Ballet Body:</b>	Dance conditioning exercises that target the development of long and lean muscles.
<b>Bootcamp:</b>	A circuit training class that keeps you moving from station to station, bootcamp-style.
<b>Budokon</b> <b>(Privates only):</b>	Practiced like yoga, this art form combines Hatha Yoga, Martial Arts and Zen meditation. An intense and challenging mind and body training practice.
<b>Cardio Kick Box (CKB):</b>	Kick, punch and block your way into an intense cardio vascular zone. Expect to burn about 800 calories or more per hour.
<b>Cardio Express:</b>	A mixture of various easy to follow cardio training methods to promote cardio intensity.
<b>CKB + TRX:</b>	An interval training class that combines simple Cardio Kick Boxing sequences with challenging TRX exercises to pumps up your heart rate, and your muscles.
<b>Killer TRX Bootcamp</b>	Where cardio meets resistance training: The Killer TRX Bootcamp is designed to challenge advanced TRX participants with radical combinations and fast moving transitions. Moving between the TRX and other stations will keep your blood pumping and challenge all your main muscle groups!
<b>Express Core /</b> <b>Stealth Core:</b>	Get your six-pack, on the run! Top up your training or class with these quick but intense work-outs designed to get all your core muscles into fatigue.
<b>Free Outdoor Run:</b>	In partnership with Lululemon, Victoria Park trainers take members and non-members out for a guided run, free! Meet in our third-floor lobby and join this growing group of runners.
<b>FIGHTER FIT</b>	Train like a cage fighter: train hard, train fast, train tough.
<b>Pure Barre:</b>	Train like a ballerina! Pure Barre combines 30 minutes of Classical ballet conditioning "barre" drills with 30 minutes of Barre-au-Sol exercises. All designed to create long and lean muscles.
<b>Spin:</b>	A heart-pumping work-out on some of the coolest equipment in the industry. Take yourself to the next level with these signature Vic Park Spinning classes.
<b>Classical Stretch:</b>	A combination of scientific stretching, PNF, tai chi, yoga, ballet, physiotherapy and chiropractic movements, focusing on spinal rotation and joint alignment, liberating the back from pain and improving posture.
<b>TRX:</b> Make your body your machine	The TRX is a suspension system designed by navy seals, all the rage with Personal Trainers. Loved by men and women alike, this all-core-all-the-time work-out will completely transform your muscles.
<b>The 300:</b>	An innovative and intense workout based on the workout used to train the actors shooting the movie 300.
<b>Yoga:</b>	Hatha, Anusara, Vinyasa, Detox. All of our yoga classes are taught by dedicated and deeply qualified teachers. The Victoria Park mind-body-spirit experience is truly unique.
<b>Yoga Groove:</b>	Set to groovy club music, this yoga class features a warmer room and fast-paced transitions for a joyful and vigorous yogic experience. Prepare to sweat, celebrate and work hard!
<b>Zumba:</b>	Come learn some of the sexiest dance moves by candlelight. This choreography-free class will entertain you while it trains you. Zumba is a real dance party!