

AtSukha YIN YOGA - Yin yoga is a style of yoga practice originally developed to create balance to the Yang of our lives, both on and off our mats. Yin yoga encourages balanced flow of energy within the body, promotes lengthening of our connective tissues, invites mobility into our joints, and brings calmness to the mind. AtSukha comes from the Sanscrit word Sukha, meaning "at ease, at rest, with contentment". *PLEASE BRING YOUR OWN YOGA MAT. Instructed by Tammy Twyne - physiotherapist and certified Yin Yoga Teacher

BIKER BARRE - Get your workout on the bike, then head to the Barre to continue strength, flexibility, and mobility work! The union of two awesome workouts! Doesn't get much better than this! *This is a DROP IN fitness class.

BIKER GANG - A morning Psydle and Social. A 55 minute endurance ride on the bike to train the heart, lungs, legs and burn some serious energy! Stay after for complimentary coffee and great company! *This is a DROP IN fitness class.

BOOTY BARRE™ – An energetic, FUN workout at the ballet barre! The Booty Barre™ workout fuses fitness techniques from Dance, Pilates, and Yoga that will tone and define the whole body (especially the booty)! You don't need any dance experience or shoes. Strength, flexibility, cardio and rock'n music! To learn more go to www.thebootybarre.com *This is a DROP IN fitness class.

BOOTY BARRE™ SCULPT - The same full body workout as the original Booty Barre™ class with the addition of flexbands and cuffs for resistance, and variety. *This is a DROP IN fitness class.

CIRCUIT - A fun strength & cardio circuit for all fitness levels. Work station to station for a full body workout at your own pace! *This is a DROP IN fitness class.

ESSETRICS - Essentrics is a full body workout that rapidly changes the shape of your body through a dynamic and fluid combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. Perfect for men and women of all fitness levels, this program rebalances the body, prevents and treats injuries and unlocks tight joints. Flexibility. Mobility. Strength. Range of Motion. *This is a DROP IN fitness class.

FLO RIDER - Half Spin. Half Sculpting Flow. This class is an all-in-one workout that includes cardio, strength, and stretch. A 30 minute ride on the bike, then enjoy a flowing series of strengthening and stretching movements with elements of Yoga & Pilates. *This is a DROP IN FITNESS class.

GARUDA FUSION - Imagine combining the best elements of yoga, pilates, martial arts and dance into one practice. Garuda is the fusion of various practices allowing the participant to explore form, breath, fluidity and dynamic movement. Garuda focuses on actively lengthening the fascial system through focus on versatility, flexibility and precision of movement. *This is a DROP IN fitness class.

INTERVAL FIT - Anti-aging, metabolism boosting, quick and effective! Enjoy an interval style class, which will provide high intensity work bouts balanced by low intensity active recovery. Modifications will always be given! Bring shoes, water and an attitude ready to work! *This is a DROP IN fitness class.

PILOXING® – A high energy interval class that mixes standing Pilates, Boxing, and Dance! PILOXING blends the power, speed, and agility of boxing with the stability and flexibility fundamentals of Pilates. A fun energetic workout that includes cardio and muscle sculpting! To learn more go to www.piloxing.com *This is a DROP IN fitness class.

PILATES MAT – Traditional floor exercises involving the five Stott Pilates® principles. Improve spinal mobility, core strength and muscle flexibility with the Mat exercises. You will be incorporating small Pilates equipment such as toning balls, foam rollers, fitness circles, flex-bands, and stability cushions to keep things interesting! A private intro lesson is necessary prior to joining a class. Contact us to book your private lesson. *This class is drop in, OR you can register for an 8-week session to secure your spot.

PILATES FOR PERFORMANCE - Flexibility, Mobility, & Core conditioning for competitive athletes. 45 minutes of dynamic stretching, advanced core exercises and myofascial release using the foam roller. Ideal for athletes to improve joint mobility, reduce risk of injury, & to build superior core strength. *This is a DROP IN fitness class.

PILATES APPARATUS – These classes involve working out on the Pilates Reformer, Cadillac Frame and Stability Chair. This specialized Pilates equipment uses spring tension for resistance. You'll be using your core to stabilize while you move your limbs! Improve shoulder and hip mobility as well as posture and flexibility. A private intro lesson is necessary prior to joining a class. Contact us to book your private lesson. *This class requires registration (8-week session).

PURE PSYCLE – Enjoy the ride! 45 minutes on the bike with great music and variation. Your educated instructor will lead you through a riding experience that will raise your heart rate, blast calories, strengthen your lower body, and get the endorphins flowing! *This is a DROP IN fitness class.

PSYCLE STRONG - Complete your ride with Upper Body & Core Exercises and a stretch. This class is 75 motivating minutes...40 min on the bike, 25 min of muscle conditioning, 10 minutes stretch and release. *This is a DROP IN FITNESS class

PSYCLE & TRX – 30 minutes on the bike and 30 minutes on the TRX. A full body workout in just 60 minutes! *This is a DROP IN FITNESS class

RIDE & ROLL – Sweat it up, then roll it out. 30 minutes of cardio on the bike followed by 15 minutes of foam rolling and stretching.

RIPPED RIDE – 30 minutes of Spin and 30 minutes of Strength - Good 'ol fashioned WEIGHT TRAINING. All levels welcome. You choose your own free weights. A completely balanced cardio and resistance training workout! *This is a DROP IN fitness class.

SPIN FOR SPORT PERFORMANCE - Using the best bike in the business, and a powerful spin coach, condition your body for your sport! You will improve leg strength & power, the ability to work at higher intensity for longer duration, recovery system efficiency, & delay onset of muscle fatigue during sports. This workout is designed for sports that require high intensity burst of effort and cardiovascular endurance (Hockey, Ringette, Soccer, Cycling, Swimming) *This is a DROP IN fitness class.

STEP - It's baaaaaack! STEP aerobics is a FUN choreographed workout that will get your heart rate up, tone your legs & glutes, and improve coordination! Basic right, turn step, over the top, around the world.... you'll be stepping, sweating, & smiling! *This is a DROP IN fitness class. *Sneakers required.

STEP & STRENGTH - This class is sure to please both step fans and high intensity enthusiasts! Using a fun and challenging interval format, it alternates high intensity step drills with strength training exercises. Cardio sections include easy to follow step moves, while strength segments use free weights and resistance tubing. *This is a DROP in fitness class. *Sneakers required.

STRENGTH FOR LIFE – A movement class for balance, strength, flexibility and mobility. A combination class to boost muscle tone and bone density, mobilize joints and increase flexibility. Improve your balance, trust your body. This strength workout combines core training and muscle defining exercises using Pilates principles. Define, Align, and Sculpt your body! We ask that you come in bare feet or 'toesox' to achieve the benefits of barefoot fitness. Expect upbeat music and a welcoming atmosphere. *This is a mild to moderate class appropriate for all ages and abilities, and safe for pregnancy. *This is a DROP IN fitness class.

#STRONG - The energy of group fitness, with the instruction of private training. Small group training to build strength and endurance. You will be lead through a workout with proper alignment and exercise techniques targeting specific muscle groups and energy systems. The result? A full body sculpt and a stronger you! *This is a DROP in fitness class.

TRX – Strength training using the TRX suspension system. Core based exercises using the TRX straps and body weight for an extra challenge. A 45 minute class limited to 9 participants. *This Is a DROP in fitness class.

TRX Strength & Mobility – Includes other small equipment and participants will alternate between the TRX and other strength equipment for a unique workout that targets the core, mobility and overall strength. *This is a DROP in fitness class.

