

Group Exercise Registration Information

Tower Fitness at the Core offers a variety of group exercise classes, all led by certified instructors. Members who wish to participate in group exercise programs will be required to register & pay a fee for all cost-based programs. There are limited options for free classes.

Registration is on a first come, first served basis for each session. Payment is required at the time of registration to reserve your spot.

All classes are self-paced, which means that you determine the intensity that is best for you. It's easy; just listen to your body. We encourage you to exercise according to your fitness level. Please let instructors know if you require any modifications or alternative exercises.

At Tower Fitness at the Core we have pricing options that work for everyone!

Option 1: Class Series - When you sign up for the entire series you're guaranteed a spot every week & you save money. **Register early, full session registration ends July 15th.**

Please see below for specific pricing options as they vary between classes.

Option 2: Drop-In Passes - If you have an unpredictable work and/or travel schedule, you may want to try our drop-in class option. Drop-in classes can be purchased in packages of 5 or 10. Drop-in spots are available for *most classes on a first come, first serve basis. You can reserve a drop-in spot up to 7 days in advance. *Please note we do not allow drop-ins for kickboxing classes*

Package of 10 drop-in classes: \$90 **Package of 5** drop-in classes: \$48 **Single class:** \$10 **Single express class:** \$5.50

Option 3: Combination - Sign up for the full session of your favourite classes and purchase a drop-in class package for added variety.

If you have any questions about classes, please contact Shelly: ssstranaghan@towerfitnessatthecore.ca

You **MUST** register (either online or at the desk) prior to attending classes. Feel free to give us a call at **403-441-4962** if you need any assistance

Class Title	Series Cost	Class Descriptions - Spring Session July 2nd - August 30, 2019
Barre: (9 classes)	\$72	Barre is a full body workout including classic ballet movements, and traditional interval training exercises, all choreographed to energizing music. This workout will get you moving, sweating, and mastering the art of Ballet, all while strengthening muscles, building grace, musicality, and flexibility! No dance experience necessary!
Cycle & Core:	FREE	Get strong to the CORE in this class. Finish the week off strong with a 20-minute virtual or staff led cycling workout followed by 15 minutes of core exercises and stretching. **FREE CLASS**
Cycle: (9 classes)	\$63	A cycling class suitable for all levels! Climbing, sprinting, intervals, and endurance training are incorporated to improve your fitness level and complete your cycling skill set whether you are new or have been cycling for years.
*Kickboxing 1: (9 classes)	\$76.50	Using speed, agility and power, kickboxing combines the punches, upper cuts, and hooks of boxing with powerful martial arts kicks to create an intense cardiovascular workout. High energy, safe and lots of fun! No experience necessary.
Express Pump: (7 classes)	\$35	This strength-based class will bring you an effective, total-body workout in just 30 minutes. Perfect for those who are looking to improve strength, muscular endurance and power, this class will use dumbbells, kettlebells, bodyweight exercises and more to work all major muscle groups!
Express HIIT: (9 classes)	\$45	Don't have time to spend hours in the gym? Make the most of your workout with EXPRESS HIIT. In just 30-minutes, this class will use quick bursts of intense efforts to get your body moving and heart pumping for a quick but effective workout!
Outdoor Walking Group:	FREE	Make the most of the short Calgary summer by spending your lunchtime outdoors! Join Shelly for a walk outside to stretch your legs, get some sun, fresh air, and return to work with a renewed energy. Rain or shine! *In the case of poor weather, we may be walking inside on the +15*
Total Body Conditioning: (7 classes)	\$49	Set a new normal with this high-intensity conditioning class - cardio, weights, plyometrics and stability exercises all bringing it hard for better performance. Class formats will be changed weekly so you will never get the same workout twice!
Vinyasa Flow Yoga: (9 classes)	\$72	This strength-based practice synchronizes a series of yoga poses with the breath. The flowing nature of this style keeps the body warm and helps to loosen joints, deepening your flexibility while continuing to build strength and muscular endurance. Please bring your own Yoga mat.
Virtual Cycle:	FREE	Everyone can benefit from the awesome "get fit fast" cardio workout that cycling classes provide. This will be a VIRTUAL (and free!) cycling class played on the TV in our studio. Staff will be available at the beginning of each class to assist with bike set up and answer any questions!
Virtual Strength:	FREE	Strength training is for everyone! Whether your goal is to gain muscle, get toned, or increase strength for your everyday life. This class is a virtual strength workout that will be played on the TV screen in our studio. Go at your own pace and use the video for guidance and motivation!
Virtual Yoga:	FREE	The perfect way to wake up - this yoga class will be played virtually on the TV in our studio. Class will vary by week between different yoga disciplines to build strength, balance, mobility and stability throughout the entire body. Set the tone for your Friday and weekend by starting the morning off right.
Yoga for Desk Dwellers: (9 classes)	\$72	Yoga is the perfect activity for modern humans who spend a lot of time sitting. This class will focus on opening areas of the body prone to tightness from sitting. Breathe, stretch, release and return to your desk with renewed energy and improved mental focus. Please bring your own Yoga mat.