

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 or purchase a drop in pass.

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 - Sign up for the entire series you're guaranteed a spot every week & you save money. **Register early, full session registration ends October 11th.**

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 passes can be purchased in singles and 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.

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

Option 3: Fit X Pass - \$180 attend as many classes as you wish in the FALL (LIMITED TIME ONLY, purchase your pass Sept 9 - 30th)

If you have any questions about classes, please contact Tara: tluterbach@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 - Fall Session September 16 - December 20, 2019
360 Body: (14 Classes)	\$98	Using a variety of equipment and class formats, this workout will ensure that your whole body gets the love it needs and the results you deserve.
Barre: (14 classes)	\$112	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!
BootCamp: (14 classes)	\$98	Energize the body with this full body workout. Exercises will vary in time & intensity and will challenge you functionally. Never get bored only get stronger and more fit!
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 & Sculpt	\$98	The best of both worlds, some cardio and strength. 30 minutes of cycling to get your sweat on following by 15 minutes of strength and core. Leave feeling well balanced and ready to get back to work!
Express Cycle: (12 classes)	\$60	Don't have time to spend hours in the gym? Make the most of your workout with EXPRESS CYCLE. In just 30-minutes, this class will use intervals and drills to get your heart pumping and burning calories!
Kickboxing : (14 classes) <small>Register only no drop in available</small>	\$119	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.
Mobility Fusion: (12 classes)	\$84	A fusion of dynamic stretching and functional movements to open up tight areas and gain more mobility. Leave feeling relaxed and energized
Super Circuit: (14 classes)	\$98	The perfect workout for all fitness levels. This boredom buster takes you through a circuit of strength, stability, cardio and core work to help boost fat burning and build muscle.
Total Body Conditioning: (12 classes)	\$84	Set a new normal with this intense conditioning class - cardio, weights, plyometrics and stability exercises all bringing it hard for better performance.
Vinyasa Flow Yoga: (14 classes)	\$112	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. <i>Please bring your own Yoga mat.</i>
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!
Gentle Yoga Flow: (14 classes)	\$112	This is the perfect escape from the office. A gentle yoga that keeps you moving, strengthening your muscles and increasing your flexibility. This will bring you balance from all the sitting you do at your desk. <i>Please bring your own Yoga mat.</i>
Tread & Shred: (14 classes)	\$98	When we say treadmill do you think dreadmill? Not no more, with this class we can offer variety and a burst of motivation to push your workouts to a higher level and have you burning calories all while having FUN. We will use intervals on the treadmill along with body weight strength exercises to challenge you to a better you.
Zumba (14 classes)	\$112	Are you ready to party yourself into shape? Zumba® classes are fitness parties that blend upbeat rhythms with easy-to-follow choreography for a full body workout that's totally FUN.