

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 February 7th.**

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: \$6.00

Option 3: Fit X Pass - \$180 attend as many classes as you wish in the Winter (LIMITED TIME ONLY, purchase your pass until January 31, 2020)

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 - Winter Session January 6 - April 3, 2020 |
|---|-----------------|---|
| 360 Body: (13 Classes) | \$97.50 | 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. All levels welcome. |
| Barre: (13 classes) | \$110.50 | 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: (13 classes) | \$97.50 | Climbing, sprinting, intervals and endurance training are incorporated to improve your fitness level and complete your cycling skill set. All levels welcome! |
| Express Cycle & TRX: (12 classes) | \$66.00 | Looking for a total-body workout that provides great cardio and strength training? This class is a unique combination of TRX suspension training and high-energy spinning. You'll build strength, gain flexibility, and get a heart-pumping workout. With moves and equipment that are easily modified, this class is great for all fitness levels. |
| Express Cycle & CORE: (13 classes) | \$71.50 | Get strong to the CORE in this class. Finish the week off STRONG with a 20 minute cycling workout followed by 15 minutes of core exercises and stretching. |
| Express HIIT: (13 classes) | \$71.50 | 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! |
| Kickboxing : (13 classes) | \$110.50 | 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. |
| Pilates: (13 classes) | \$110.50 | This Mat Pilates class works to balance all muscle groups, combining strength and flexibility, with an emphasis on challenging the core muscles with each movement. Mat Pilates is a challenging yet safe method to sculpt your body and to feel an increased agility in your everyday movements. |
| Pure Strength: (13 classes) | \$97.50 | Get your heart pumping in this beginner to intermediate strength class, without the high impact cardio. Get an amazing full body workout using various equipment. This class will leave feeling stronger than before. |
| Restorative Yoga : (13 classes) | \$110.50 | This is a class designed to slow you down from all the work you do in the office. It will open your body up, using props to do passive stretches. The long holds, will help your muscles relax deeper and will leave you feeling rejuvenated. Please bring your own Yoga mat. |
| Total Body Conditioning: (12 classes) | \$90.00 | 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: (13 classes) | \$110.50 | 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. |
| Zumba (13 classes) | \$110.50 | 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. |