

Thursday, January 2, 2025

Total Body Intervals

Date and Time: Thursday, January 2 9:00 am - 10:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

Yoga

Date and Time: Thursday, January 2 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

Spin

Date and Time: Thursday, January 2 5:15 pm - 6:00 pm

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 1st Floor Fitness Studio

This class is a great cardio workout while also creating less impact on the joints. You will go through a variety of interval drills such as sprinting and climbing. You can adjust the resistance on your bike to customize your workout towards achieving your personal goals. No experience necessary; many options provided for all levels and abilities.

Pilates

Date and Time: Thursday, January 2 6:15 pm - 7:15 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This class will provide you with a core workout that uses free body exercise, and may include use of stability balls and gliding discs. It focuses on doing exercises at a slower pace with a focus on controlled strength and good posture.

H.I.I.T.

Date and Time: Thursday, January 2 6:30 pm - 7:00 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

Join us for a challenging 30-minute class that offers high intensity intervals, followed by short periods of rest or lower intensity exercises. It is a complete workout that combines both aerobic and strength training.

Friday, January 3, 2025

Full Body Strength

Date and Time: Friday, January 3 6:30 am - 7:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This class will improve your muscle strength and endurance for all major muscle groups in the body. It is a full head-to-toe challenge that uses dumbbells and body bars, and keeps the body wondering what's coming next!

Be Fit for Life

Date and Time: Friday, January 3 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be-easier or harder. This class is also great for those 50 years and over who are looking to improve their health and stay active.

Yoga

Date and Time: Friday, January 3 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Gymnasium

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

Sit and Fit

Date and Time: Friday, January 3 11:00 am - 11:45 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

Total Body Intervals

Date and Time: Friday, January 3 5:30 pm - 6:30 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

Saturday, January 4, 2025

Full Body Fit

Date and Time: Saturday, January 4 9:30 am - 10:30 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Here is a great full body work out that will use some light equipment such as dumbbells or balls. It offers some cardio challenge, resistance sets, core work, and stretching or mobility movements. All this and more in just one work-out!

Sunday, January 5, 2025

Strength and Conditioning

Date and Time: Sunday, January 5 10:00 am - 11:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): Dryland Training Room

This class is the selection and development of dynamic and static exercises used to improve physical performance. It is a great way to transform your body and get results, whether you're an athlete or amateur. It offers much more than just lifting weights and focuses on a variety of tools to improve movement, health, and physical performance.

Monday, January 6, 2025

Spin and Strength

Date and Time: Monday, January 6 6:30 am - 7:30 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): Main Floor Fitness Studio

You will spend half the class working on the bike and then half the class on body toning exercises with a special focus on the core. This allows you to get in both a cardio and resistance exercise in the one class.

Total Body Intervals

Date and Time: Monday, January 6 8:00 am - 8:45 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

Be Fit for Life

Date and Time: Monday, January 6 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be-easier or harder. This class is also great for those 50 years and over who are looking to improve their health and stay active.

Sit and Fit

Date and Time: Monday, January 6 10:15 am - 11:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

Yoga

Date and Time: Monday, January 6 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Gymnasium

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

Zoomer Fitness

Date and Time: Monday, January 6 11:15 am - 12:00 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

If you prefer lower impact exercises and slower movements then this class is ideal for you. Participants will use their body weight, bands and light weights for a full body workout.

Total Body Intervals

Date and Time: Monday, January 6 5:30 pm - 6:30 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

Tuesday, January 7, 2025

Spin

Date and Time: Tuesday, January 7 7:00 am - 7:45 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 1st Floor Fitness Studio

This class is a great cardio workout while also creating less impact on the joints. You will go through a variety of interval drills such as sprinting and climbing. You can adjust the resistance on your bike to customize your workout towards achieving your personal goals. No experience necessary; many options provided for all levels and abilities.

Step

Date and Time: Tuesday, January 7 8:00 am - 9:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This class uses an elevated platform (a step) where the height can be tailored to individual needs. Step to the beat following an instructor, break a sweat and have a great time.

Dancefit

Date and Time: Tuesday, January 7 9:15 am - 10:15 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This is a dance-based class that involves moving to the music to get in a great cardio workout. You will groove to different genres of music, coupled with some body weight moves or light dumbbells to improve your muscle strength. It's so much fun; you don't even realize that you're working out! No experience necessary and there are no wrong moves!

Yoga

Date and Time: Tuesday, January 7 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

Chair Yoga

Date and Time: Tuesday, January 7 1:30 pm - 2:30 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This is a gentle exercise class that you can do while seated or with the aid of a chair. It is ideal for older adults, for those with a physical disability or beginners.

Yoga with Weights

Date and Time: Tuesday, January 7 6:30 pm - 7:30 pm

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Studio

Join us for this one-hour yoga practice that does everything that your body is craving. The first half of the class is all about stretching. The second half of the class focuses on strength building, which may include adding light weights to our yoga poses. Like all yoga classes, we end with a calming, relaxing savasana.

Full Body Fit

Date and Time: Tuesday, January 7 6:30 pm - 7:15 pm

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): Dryland Training Room

Here is a great full body work out that will use some light equipment such as dumbbells or balls. It offers some cardio challenge, resistance sets, core work, and stretching or mobility movements. All this and more in just one work-out!

Wednesday, January 8, 2025

Lower Body Strength and Core

Date and Time: Wednesday, January 8 6:30 am - 7:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Keeps your weekly exercise schedule moving right along with this mid-week leg and core burner. This class focuses on strengthening the lower body muscles and core using weights, bars and powerful movements.

Be Fit for Life

Date and Time: Wednesday, January 8 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be-easier or harder. This class is also great for those 50 years and over who are looking to improve their health and stay active.

Sit and Fit

Date and Time: Wednesday, January 8 10:15 am - 11:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

Pilates

Date and Time: Wednesday, January 8 10:15 am - 11:15 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Main Floor Fitness Studio

This class will provide you with a core workout that uses free body exercise, and may include use of stability balls and gliding discs. It focuses on doing exercises at a slower pace with a focus on controlled strength and good posture.

Zoomer Fitness

Date and Time: Wednesday, January 8 11:15 am - 12:00 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

If you prefer lower impact exercises and slower movements then this class is ideal for you. Participants will use their body weight, bands and light weights for a full body workout.

Total Body Intervals

Date and Time: Wednesday, January 8 5:30 pm - 6:30 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

Spin Barre Fusion

Date and Time: Wednesday, January 8 5:30 pm - 6:30 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Main Floor Fitness Studio

Get your heart pumping with a fun and high-energy indoor cycling session, followed by barre movements that will focus on toning and sculpting your muscles. This full-body workout is perfect if you are looking for a new challenge that will enhance your cardio, increase your strength and improve your flexibility.

Yoga

Date and Time: Wednesday, January 8 6:00 pm - 7:00 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Gymnasium

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

Thursday, January 9, 2025

Total Body Intervals

Date and Time: Thursday, January 9 9:00 am - 10:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

Yoga

Date and Time: Thursday, January 9 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

Spin

Date and Time: Thursday, January 9 5:15 pm - 6:00 pm

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 1st Floor Fitness Studio

This class is a great cardio workout while also creating less impact on the joints. You will go through a variety of interval drills such as sprinting and climbing. You can adjust the resistance on your bike to customize your workout towards achieving your personal goals. No experience necessary; many options provided for all levels and abilities.

Pilates

Date and Time: Thursday, January 9 6:15 pm - 7:15 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This class will provide you with a core workout that uses free body exercise, and may include use of stability balls and gliding discs. It focuses on doing exercises at a slower pace with a focus on controlled strength and good posture.

H.I.I.T.

Date and Time: Thursday, January 9 6:30 pm - 7:00 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

Join us for a challenging 30-minute class that offers high intensity intervals, followed by short periods of rest or lower intensity exercises. It is a complete workout that combines both aerobic and strength training.

Friday, January 10, 2025

Full Body Strength

Date and Time: Friday, January 10 6:30 am - 7:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This class will improve your muscle strength and endurance for all major muscle groups in the body. It is a full head-to-toe challenge that uses dumbbells and body bars, and keeps the body wondering what's coming next!

Be Fit for Life

Date and Time: Friday, January 10 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be-easier or harder. This class is also great for those 50 years and over who are looking to improve their health and stay active.

Yoga

Date and Time: Friday, January 10 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Gymnasium

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

Sit and Fit

Date and Time: Friday, January 10 11:00 am - 11:45 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

Total Body Intervals

Date and Time: Friday, January 10 5:30 pm - 6:30 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

Saturday, January 11, 2025

Full Body Fit

Date and Time: Saturday, January 11 9:30 am - 10:30 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Here is a great full body work out that will use some light equipment such as dumbbells or balls. It offers some cardio challenge, resistance sets, core work, and stretching or mobility movements. All this and more in just one work-out!

Sunday, January 12, 2025

Strength and Conditioning

Date and Time: Sunday, January 12 10:00 am - 11:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): Dryland Training Room

This class is the selection and development of dynamic and static exercises used to improve physical performance. It is a great way to transform your body and get results, whether you're an athlete or amateur. It offers much more than just lifting weights and focuses on a variety of tools to improve movement, health, and physical performance.

Monday, January 13, 2025

Spin and Strength

Date and Time: Monday, January 13 6:30 am - 7:30 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): Main Floor Fitness Studio

You will spend half the class working on the bike and then half the class on body toning exercises with a special focus on the core. This allows you to get in both a cardio and resistance exercise in the one class.

Total Body Intervals

Date and Time: Monday, January 13 8:00 am - 8:45 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

Be Fit for Life

Date and Time: Monday, January 13 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be-easier or harder. This class is also great for those 50 years and over who are looking to improve their health and stay active.

Sit and Fit

Date and Time: Monday, January 13 10:15 am - 11:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

Yoga

Date and Time: Monday, January 13 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Gymnasium

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

Zoomer Fitness

Date and Time: Monday, January 13 11:15 am - 12:00 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

If you prefer lower impact exercises and slower movements then this class is ideal for you. Participants will use their body weight, bands and light weights for a full body workout.

Total Body Intervals

Date and Time: Monday, January 13 5:30 pm - 6:30 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

Tuesday, January 14, 2025

Spin

Date and Time: Tuesday, January 14 7:00 am - 7:45 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 1st Floor Fitness Studio

This class is a great cardio workout while also creating less impact on the joints. You will go through a variety of interval drills such as sprinting and climbing. You can adjust the resistance on your bike to customize your workout towards achieving your personal goals. No experience necessary; many options provided for all levels and abilities.

Step

Date and Time: Tuesday, January 14 8:00 am - 9:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This class uses an elevated platform (a step) where the height can be tailored to individual needs. Step to the beat following an instructor, break a sweat and have a great time.

Dancefit

Date and Time: Tuesday, January 14 9:15 am - 10:15 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This is a dance-based class that involves moving to the music to get in a great cardio workout. You will groove to different genres of music, coupled with some body weight moves or light dumbbells to improve your muscle strength. It's so much fun; you don't even realize that you're working out! No experience necessary and there are no wrong moves!

Yoga

Date and Time: Tuesday, January 14 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

Chair Yoga

Date and Time: Tuesday, January 14 1:30 pm - 2:30 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This is a gentle exercise class that you can do while seated or with the aid of a chair. It is ideal for older adults, f or those with a physical disability or beginners.

Full Body Fit

Date and Time: Tuesday, January 14 6:30 pm - 7:15 pm

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): Dryland Training Room

Here is a great full body work out that will use some light equipment such as dumbbells or balls. It offers some cardio challenge, resistance sets, core work, and stretching or mobility movements. All this and more in just on e work-out!

Yoga with Weights

Date and Time: Tuesday, January 14 6:30 pm - 7:30 pm

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Studio

Join us for this one-hour yoga practice that does everything that your body is craving. The first half of the class is all about stretching. The second half of the class focuses on strength building, which may include adding ligh t weights to our yoga poses. Like all yoga classes, we end with a calming, relaxing savasana.

Wednesday, January 15, 2025

Lower Body Strength and Core

Date and Time: Wednesday, January 15 6:30 am - 7:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Keeps your weekly exercise schedule moving right along with this mid-week leg and core burner. This class foc uses on strengthening the lower body muscles and core using weights, bars and powerful movements.

Be Fit for Life

Date and Time: Wednesday, January 15 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be-easier or harder. This class is also great for those 50 years and over who are looking to improve their health and stay active.

Sit and Fit

Date and Time: Wednesday, January 15 10:15 am - 11:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

Pilates

Date and Time: Wednesday, January 15 10:15 am - 11:15 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Main Floor Fitness Studio

This class will provide you with a core workout that uses free body exercise, and may include use of stability balls and gliding discs. It focuses on doing exercises at a slower pace with a focus on controlled strength and good posture.

Zoomer Fitness

Date and Time: Wednesday, January 15 11:15 am - 12:00 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

If you prefer lower impact exercises and slower movements then this class is ideal for you. Participants will use their body weight, bands and light weights for a full body workout.

Total Body Intervals

Date and Time: Wednesday, January 15 5:30 pm - 6:30 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

Spin Barre Fusion

Date and Time: Wednesday, January 15 5:30 pm - 6:30 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Main Floor Fitness Studio

Get your heart pumping with a fun and high-energy indoor cycling session, followed by barre movements that will focus on toning and sculpting your muscles. This full-body workout is perfect if you are looking for a new challenge that will enhance your cardio, increase your strength and improve your flexibility.

Yoga

Date and Time: Wednesday, January 15 6:00 pm - 7:00 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Gymnasium

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

Thursday, January 16, 2025

Total Body Intervals

Date and Time: Thursday, January 16 9:00 am - 10:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

Yoga

Date and Time: Thursday, January 16 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

Spin

Date and Time: Thursday, January 16 5:15 pm - 6:00 pm

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 1st Floor Fitness Studio

This class is a great cardio workout while also creating less impact on the joints. You will go through a variety of interval drills such as sprinting and climbing. You can adjust the resistance on your bike to customize your workout towards achieving your personal goals. No experience necessary; many options provided for all levels and abilities.

Pilates

Date and Time: Thursday, January 16 6:15 pm - 7:15 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This class will provide you with a core workout that uses free body exercise, and may include use of stability balls and gliding discs. It focuses on doing exercises at a slower pace with a focus on controlled strength and good posture.

H.I.I.T.

Date and Time: Thursday, January 16 6:30 pm - 7:00 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

Join us for a challenging 30-minute class that offers high intensity intervals, followed by short periods of rest or lower intensity exercises. It is a complete workout that combines both aerobic and strength training.

Friday, January 17, 2025

Full Body Strength

Date and Time: Friday, January 17 6:30 am - 7:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This class will improve your muscle strength and endurance for all major muscle groups in the body. It is a full head-to-toe challenge that uses dumbbells and body bars, and keeps the body wondering what's coming next!

Be Fit for Life

Date and Time: Friday, January 17 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be-easier or harder. This class is also great for those 50 years and over who are looking to improve their health and stay active.

Yoga

Date and Time: Friday, January 17 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Gymnasium

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

Sit and Fit

Date and Time: Friday, January 17 11:00 am - 11:45 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

Total Body Intervals

Date and Time: Friday, January 17 5:30 pm - 6:30 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

Saturday, January 18, 2025

Full Body Fit

Date and Time: Saturday, January 18 9:30 am - 10:30 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Here is a great full body work out that will use some light equipment such as dumbbells or balls. It offers some cardio challenge, resistance sets, core work, and stretching or mobility movements. All this and more in just one work-out!

Sunday, January 19, 2025

Strength and Conditioning

Date and Time: Sunday, January 19 10:00 am - 11:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): Dryland Training Room

This class is the selection and development of dynamic and static exercises used to improve physical performance. It is a great way to transform your body and get results, whether you're an athlete or amateur. It offers much more than just lifting weights and focuses on a variety of tools to improve movement, health, and physical performance.

Monday, January 20, 2025

Spin and Strength

Date and Time: Monday, January 20 6:30 am - 7:30 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): Main Floor Fitness Studio

You will spend half the class working on the bike and then half the class on body toning exercises with a special focus on the core. This allows you to get in both a cardio and resistance exercise in the one class.

Total Body Intervals

Date and Time: Monday, January 20 8:00 am - 8:45 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

Be Fit for Life

Date and Time: Monday, January 20 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be-easier or harder. This class is also great for those 50 years and over who are looking to improve their health and stay active.

Sit and Fit

Date and Time: Monday, January 20 10:15 am - 11:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

Yoga

Date and Time: Monday, January 20 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Gymnasium

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

Zoomer Fitness

Date and Time: Monday, January 20 11:15 am - 12:00 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

If you prefer lower impact exercises and slower movements then this class is ideal for you. Participants will use their body weight, bands and light weights for a full body workout.

Total Body Intervals

Date and Time: Monday, January 20 5:30 pm - 6:30 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

Tuesday, January 21, 2025

Spin

Date and Time: Tuesday, January 21 7:00 am - 7:45 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 1st Floor Fitness Studio

This class is a great cardio workout while also creating less impact on the joints. You will go through a variety of interval drills such as sprinting and climbing. You can adjust the resistance on your bike to customize your workout towards achieving your personal goals. No experience necessary; many options provided for all levels and abilities.

d abilities.

Step

Date and Time: Tuesday, January 21 8:00 am - 9:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This class uses an elevated platform (a step) where the height can be tailored to individual needs. Step to the beat following an instructor, break a sweat and have a great time.

Dancefit

Date and Time: Tuesday, January 21 9:15 am - 10:15 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This is a dance-based class that involves moving to the music to get in a great cardio workout. You will groove to different genres of music, coupled with some body weight moves or light dumbbells to improve your muscle strength. It's so much fun; you don't even realize that you're working out! No experience necessary and there are no wrong moves!

Yoga

Date and Time: Tuesday, January 21 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

Chair Yoga

Date and Time: Tuesday, January 21 1:30 pm - 2:30 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This is a gentle exercise class that you can do while seated or with the aid of a chair. It is ideal for older adults, for those with a physical disability or beginners.

Yoga with Weights

Date and Time: Tuesday, January 21 6:30 pm - 7:30 pm

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Studio

Join us for this one-hour yoga practice that does everything that your body is craving. The first half of the class is all about stretching. The second half of the class focuses on strength building, which may include adding light weights to our yoga poses. Like all yoga classes, we end with a calming, relaxing savasana.

Full Body Fit

Date and Time: Tuesday, January 21 6:30 pm - 7:15 pm

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): Dryland Training Room

Here is a great full body work out that will use some light equipment such as dumbbells or balls. It offers some cardio challenge, resistance sets, core work, and stretching or mobility movements. All this and more in just one work-out!

Wednesday, January 22, 2025

Lower Body Strength and Core

Date and Time: Wednesday, January 22 6:30 am - 7:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Keeps your weekly exercise schedule moving right along with this mid-week leg and core burner. This class focuses on strengthening the lower body muscles and core using weights, bars and powerful movements.

Be Fit for Life

Date and Time: Wednesday, January 22 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be-easier or harder. This

class is also great for those 50 years and over who are looking to improve their health and stay active.

Sit and Fit

Date and Time: Wednesday, January 22 10:15 am - 11:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

Pilates

Date and Time: Wednesday, January 22 10:15 am - 11:15 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Main Floor Fitness Studio

This class will provide you with a core workout that uses free body exercise, and may include use of stability balls and gliding discs. It focuses on doing exercises at a slower pace with a focus on controlled strength and good posture.

Zoomer Fitness

Date and Time: Wednesday, January 22 11:15 am - 12:00 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

If you prefer lower impact exercises and slower movements then this class is ideal for you. Participants will use their body weight, bands and light weights for a full body workout.

Total Body Intervals

Date and Time: Wednesday, January 22 5:30 pm - 6:30 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

Spin Barre Fusion

Date and Time: Wednesday, January 22 5:30 pm - 6:30 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Main Floor Fitness Studio

Get your heart pumping with a fun and high-energy indoor cycling session, followed by barre movements that will focus on toning and sculpting your muscles. This full-body workout is perfect if you are looking for a new challenge that will enhance your cardio, increase your strength and improve your flexibility.

Yoga

Date and Time: Wednesday, January 22 6:00 pm - 7:00 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Gymnasium

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

Thursday, January 23, 2025

Total Body Intervals

Date and Time: Thursday, January 23 9:00 am - 10:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

Yoga

Date and Time: Thursday, January 23 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

ourage you to bring your own mat. Blocks and straps provided.

Spin

Date and Time: Thursday, January 23 5:15 pm - 6:00 pm

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 1st Floor Fitness Studio

This class is a great cardio workout while also creating less impact on the joints. You will go through a variety of interval drills such as sprinting and climbing. You can adjust the resistance on your bike to customize your workout towards achieving your personal goals. No experience necessary; many options provided for all levels and abilities.

Pilates

Date and Time: Thursday, January 23 6:15 pm - 7:15 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This class will provide you with a core workout that uses free body exercise, and may include use of stability balls and gliding discs. It focuses on doing exercises at a slower pace with a focus on controlled strength and good posture.

H.I.I.T.

Date and Time: Thursday, January 23 6:30 pm - 7:00 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

Join us for a challenging 30-minute class that offers high intensity intervals, followed by short periods of rest or lower intensity exercises. It is a complete workout that combines both aerobic and strength training.

Friday, January 24, 2025

Full Body Strength

Date and Time: Friday, January 24 6:30 am - 7:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This class will improve your muscle strength and endurance for all major muscle groups in the body. It is a full

head-to-toe challenge that uses dumbbells and body bars, and keeps the body wondering what's coming next!

Be Fit for Life

Date and Time: Friday, January 24 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be—easier or harder. This class is also great for those 50 years and over who are looking to improve their health and stay active.

Yoga

Date and Time: Friday, January 24 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Gymnasium

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

Sit and Fit

Date and Time: Friday, January 24 11:00 am - 11:45 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

Total Body Intervals

Date and Time: Friday, January 24 5:30 pm - 6:30 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station u

sing all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

Saturday, January 25, 2025

Full Body Fit

Date and Time: Saturday, January 25 9:30 am - 10:30 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Here is a great full body work out that will use some light equipment such as dumbbells or balls. It offers some cardio challenge, resistance sets, core work, and stretching or mobility movements. All this and more in just one work-out!

Sunday, January 26, 2025

Strength and Conditioning

Date and Time: Sunday, January 26 10:00 am - 11:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): Dryland Training Room

This class is the selection and development of dynamic and static exercises used to improve physical performance. It is a great way to transform your body and get results, whether you're an athlete or amateur. It offers much more than just lifting weights and focuses on a variety of tools to improve movement, health, and physical performance.

Monday, January 27, 2025

Spin and Strength

Date and Time: Monday, January 27 6:30 am - 7:30 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): Main Floor Fitness Studio

You will spend half the class working on the bike and then half the class on body toning exercises with a special focus on the core. This allows you to get in both a cardio and resistance exercise in the one class.

Total Body Intervals

Date and Time: Monday, January 27 8:00 am - 8:45 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

Be Fit for Life

Date and Time: Monday, January 27 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be-easier or harder. This class is also great for those 50 years and over who are looking to improve their health and stay active.

Sit and Fit

Date and Time: Monday, January 27 10:15 am - 11:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

Yoga

Date and Time: Monday, January 27 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Gymnasium

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We enc

ourage you to bring your own mat. Blocks and straps provided.

Zoomer Fitness

Date and Time: Monday, January 27 11:15 am - 12:00 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

If you prefer lower impact exercises and slower movements then this class is ideal for you. Participants will use their body weight, bands and light weights for a full body workout.

Total Body Intervals

Date and Time: Monday, January 27 5:30 pm - 6:30 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

Tuesday, January 28, 2025

Spin

Date and Time: Tuesday, January 28 7:00 am - 7:45 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 1st Floor Fitness Studio

This class is a great cardio workout while also creating less impact on the joints. You will go through a variety of interval drills such as sprinting and climbing. You can adjust the resistance on your bike to customize your workout towards achieving your personal goals. No experience necessary; many options provided for all levels and abilities.

Step

Date and Time: Tuesday, January 28 8:00 am - 9:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This class uses an elevated platform (a step) where the height can be tailored to individual needs. Step to the beat following an instructor, break a sweat and have a great time.

Dancefit

Date and Time: Tuesday, January 28 9:15 am - 10:15 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This is a dance-based class that involves moving to the music to get in a great cardio workout. You will groove to different genres of music, coupled with some body weight moves or light dumbbells to improve your muscle strength. It's so much fun; you don't even realize that you're working out! No experience necessary and there are no wrong moves!

Yoga

Date and Time: Tuesday, January 28 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

Chair Yoga

Date and Time: Tuesday, January 28 1:30 pm - 2:30 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This is a gentle exercise class that you can do while seated or with the aid of a chair. It is ideal for older adults, for those with a physical disability or beginners.

Full Body Fit

Date and Time: Tuesday, January 28 6:30 pm - 7:15 pm

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): Dryland Training Room

Here is a great full body work out that will use some light equipment such as dumbbells or balls. It offers some cardio challenge, resistance sets, core work, and stretching or mobility movements. All this and more in just one work-out!

Yoga with Weights

Date and Time: Tuesday, January 28 6:30 pm - 7:30 pm

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Studio

Join us for this one-hour yoga practice that does everything that your body is craving. The first half of the class is all about stretching. The second half of the class focuses on strength building, which may include adding light weights to our yoga poses. Like all yoga classes, we end with a calming, relaxing savasana.

Wednesday, January 29, 2025

Lower Body Strength and Core

Date and Time: Wednesday, January 29 6:30 am - 7:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Keeps your weekly exercise schedule moving right along with this mid-week leg and core burner. This class focuses on strengthening the lower body muscles and core using weights, bars and powerful movements.

Be Fit for Life

Date and Time: Wednesday, January 29 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you will improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be-easier or harder. This class is also great for those 50 years and over who are looking to improve their health and stay active.

Sit and Fit

Date and Time: Wednesday, January 29 10:15 am - 11:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

Pilates

Date and Time: Wednesday, January 29 10:15 am - 11:15 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Main Floor Fitness Studio

This class will provide you with a core workout that uses free body exercise, and may include use of stability balls and gliding discs. It focuses on doing exercises at a slower pace with a focus on controlled strength and good posture.

Zoomer Fitness

Date and Time: Wednesday, January 29 11:15 am - 12:00 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

If you prefer lower impact exercises and slower movements then this class is ideal for you. Participants will use their body weight, bands and light weights for a full body workout.

Total Body Intervals

Date and Time: Wednesday, January 29 5:30 pm - 6:30 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

Spin Barre Fusion

Date and Time: Wednesday, January 29 5:30 pm - 6:30 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Main Floor Fitness Studio

Get your heart pumping with a fun and high-energy indoor cycling session, followed by barre movements that will focus on toning and sculpting your muscles. This full-body workout is perfect if you are looking for a new challenge that will enhance your cardio, increase your strength and improve your flexibility.

Yoga

Date and Time: Wednesday, January 29 6:00 pm - 7:00 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Gymnasium

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

Thursday, January 30, 2025

Total Body Intervals

Date and Time: Thursday, January 30 9:00 am - 10:00 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

Yoga

Date and Time: Thursday, January 30 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

Spin

Date and Time: Thursday, January 30 5:15 pm - 6:00 pm

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 1st Floor Fitness Studio

This class is a great cardio workout while also creating less impact on the joints. You will go through a variety

of interval drills such as sprinting and climbing. You can adjust the resistance on your bike to customize your workout towards achieving your personal goals. No experience necessary; many options provided for all levels and abilities.

Pilates

Date and Time: Thursday, January 30 6:15 pm - 7:15 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This class will provide you with a core workout that uses free body exercise, and may include use of stability balls and gliding discs. It focuses on doing exercises at a slower pace with a focus on controlled strength and good posture.

H.I.I.T.

Date and Time: Thursday, January 30 6:30 pm - 7:00 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

Join us for a challenging 30-minute class that offers high intensity intervals, followed by short periods of rest or lower intensity exercises. It is a complete workout that combines both aerobic and strength training.

Friday, January 31, 2025

Full Body Strength

Date and Time: Friday, January 31 6:30 am - 7:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

This class will improve your muscle strength and endurance for all major muscle groups in the body. It is a full head-to-toe challenge that uses dumbbells and body bars, and keeps the body wondering what's coming next!

Be Fit for Life

Date and Time: Friday, January 31 9:00 am - 10:00 am

Address: 254 North Park Street, Brantford, ON

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

The best way to be fit for life is to keep using our bodies (and brains!) in every way possible. In this class you w

ill improve your cardio health using low-impact moves designed to gently increase your heart rate. You will also improve your strength through resistance training using your body weight and some light equipment. Our instructors also love to include ways to challenge your balance, coordination and reaction time—all key skills for fall prevention. There will be lots of options to make the work out what you need it to be-easier or harder. This class is also great for those 50 years and over who are looking to improve their health and stay active.

Yoga

Date and Time: Friday, January 31 10:30 am - 11:30 am

Address: 254 North Park Street

Location (i.e. Studio / Room): Gymnasium

Safe, low-impact poses and sequences to improve balance, strength, and flexibility, while decreasing stress and improving overall wellness. No experience necessary; many options provided for all levels and abilities. We encourage you to bring your own mat. Blocks and straps provided.

Sit and Fit

Date and Time: Friday, January 31 11:00 am - 11:45 am

Address: 254 North Park Street

Location (i.e. Studio / Room): 2nd Floor Fitness Studio

Workout class done in a chair. This is great for people with mobility issues who still want a good workout. The class is low impact uses a variety of equipment including weights, bands and balls, and drumming sticks!

Total Body Intervals

Date and Time: Friday, January 31 5:30 pm - 6:30 pm

Address: 254 North Park Street

Location (i.e. Studio / Room): Dryland Training Room

The Dryland Room is host to all of our circuit-style classes. In these classes you move from station-to-station using all different kinds of equipment to achieve a great full body work out, including cardio, strength and core. Your instructor will show you how to do each station and time your intervals, as well as offer modifications to ensure everyone has a successful workout.

<https://calendar.waynegretzkysportscentre.ca>