

Panther Athletics Fitness Classes
Winter Semester College Drive 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1:30-2:20pm <u>SPIN Class w/Lise</u> Room A117	11:30am-12:20pm <u>SpinGa w/Melissa **</u> Room A117 <small>**Ali for 1st 3 weeks</small>	12:30pm-1:30pm <u>Glutes, Guns & Abs w/Ali</u> Room A117	12:30pm-1:20pm <u>ZUMBA w/Kelsey</u> Room A117
4:30pm- 5:30pm <u>ZUMBA w/Kelsey</u> Gymnasium	4:30pm-5:30pm <u>ZUMBA w/Kelsey</u> A117	4:30pm- 5:30pm <u>YOGA with Melissa</u> Canadore Dining Room	4:30pm-5:20pm <u>SPIN Class w/Ali</u> Room A117 4:30pm-5:30pm ZUMBA w/ Christine Gymnasium

Classes are free to Canadore students with a valid student card.

Staff can purchase a Fitness Class pass. See Athletics for details.

PLEASE NOTE: SPIN CLASSES are based on first arrivals as there are limited bikes.

Class Cancellations will be posted on the Gym Bulletin Board or on the Room A117 Door.

See back for details on the great deals Bend Yoga is offering for Canadore Students & Staff and Canadore fitness class descriptions!



All of the classes are drop in. Students must present a valid Canadore College Student card prior to each class they attend.

CANADORE PANTHER FITNESS CLASSES @ COLLEGE DRIVE

Classes start the week of January 16th. All of our classes will be drop in. **NOTE:** There are only 6 available bikes for the spin classes so be sure to get there early if you want a spot.

For more information: see Athletics in C250 or contact Lise Paxton at 474-7600 ext. 5410, lise.paxton@canadorec.on.ca, check out our facebook page facebook.com/canadorepanthers, or our website canadorec.on.ca/Athletics/index.cfm

FITNESS CLASS DESCRIPTIONS:

Spin —a great cardio workout simulating an outdoor ride with hills and flats.

Yoga— emphasizes specific yoga postures in combination with controlled breathing.

Zumba—a Latin-inspired dance fitness class that incorporates Latin, international, and pop music.

New Classes!!

SpinGa – This class combines cycling and yoga! First will be a powerful 25 minute ride of hills and sprints followed by 25 minutes of yoga to stretch, tone, and cool down.

Glutes, Guns & Abs – This cardio and strengthening class will have focused exercises on where you want it most!

BEND YOGA STUDIO:

Canadore Students 1st Time Only: One Month Unlimited \$40 OR Student 5 Class Pass \$30 (Only valid for first time)

Canadore Staff 1st Time Only: One Month Unlimited \$40 OR Staff 5 Class Pass \$45 (Only valid for first time)

Bend Yoga Studio Location- Northgate Shopping Mall: 2nd Floor, entrance by Tim Horton's

Bend Yoga Contact Information- Joanne Beyore 705-478-8698 info@bendyogastudio.ca

Bend Yoga Studio Class Schedule & Information—www.bendyogastudio.ca



where athletics
comes naturally

**PANTHER ATHLETICS FITNESS CLASSES
WINTER SEMESTER COMMERCE COURT 2012**



Monday

Tuesday

Wednesday

Thursday

Classes are free to Canadore students with a valid student card. Staff can purchase a Fitness Class pass. See Athletics

11:30am-12:20pm
CARDIO CIRCUIT
w/ Deanna
Gymnasium

11:30am-12:20pm
BOOTCAMP Circuit
w/Deanna
Gymnasium

11:30pm-12:20pm
ZUMBA w/
Christine
Gymnasium

12:30pm-1:15pm
GLIDING CIRCUIT
w/Lise
E102 Studio

4:30pm-5:30pm
YOGA w/Erinn
Room W106

For classes at College Drive please see College Drive Fitness Schedule on Student Portal, Website www.canadorec.on.ca or staff ICan portal



To find out about how you can take advantage of our partnership with Bend Yoga Studio please see us in C250

Bend Yoga is offering some great deals at their studio and we are offering money back incentives!

Check out:
www.bendyogastudio.com

Class Cancellations will be posted on the Gym or room door.

SCHEDULE FOR COMMERCE COURT

Students must present a valid Canadore College Student's card and pre-register for classes.

***Athletics Recreation and Wellness
FITNESS CLASS SCHEDULE
Fall Semester 2011***