

	Monday <small>a</small>	Tuesday <small>a</small>	Wednesday <small>a</small>	Thursday	Friday <small>a</small>	Saturday
6:30	Push7 6:15 - 7:15am > SHELLY *ⓐ	Cardio Pump 6:30 - 7:15 am > Patti	Push7 6:15 - 7:15am > SHELLY *ⓐ	Cardio Pump 6:30 - 7:15 am > Patti ⓐ	Push7 6:15 - 7:15am > SHELLY *ⓐ	*ⓐ
7:30	Push7 7:15 - 8:15 am > SHELLY ⓐ		Push7 7:15 - 8:15 am > SHELLY ⓐ		Push7 7:15 - 8:15 am > SHELLY ⓐ	Push7 7:45-8:50am > SHELLY ⓐ
9:00	Group POWER 9:00 -10:00 am > Cathy *see sign-up details	Body Pump 9:00 -10:00 am > Natalie	Group POWER 9:00 -10:00 am > Cathy *see sign-up details	Body Pump 9:00 -10:00 am > Natalie	Cardio Fusion 9:00 -10:00 am > Natalie ⓐ	Group ACTIVE 9:00 -10:00 am > Pascale ⓐ
10:10					NEW Group CORE 10:10 -10:45 am > Natalie ⓐ	Group POWER 10:00 - 11:00 am *see sign-up details ⓐ
10:45	HATHA YOGA 11:05am - 12:00 pm > Lisa B. ⓐ	Freedom Weight Loss 10:45 - 11:45 am > Cathy *ⓐ		Freedom Weight Loss 10:45 - 11:45 am > Cathy *ⓐ	HATHA YOGA 11:00am - 12:00 pm > Lisa ⓐ	Freedom Weight Loss 11:00 - 12:00 pm > Cathy *
12:10	NEW Group CORE 12:10 -12:45 pm > Sharon *see sign-up details	Group POWER 12:10 - 1:10 pm > Sharon *see sign-up details	NEW Group CORE 12:10 -12:45 pm > Sharon *see sign-up details	Group POWER 12:10 - 1:10 pm > Sharon *see sign-up details	NEW Interval Training Circuit 12:10 -12:45 pm > Sharon *see sign-up details	Core De Force 12:00pm-1:00pm > Instructor Mireille ⓐ
2:30						
3:15	NEW Group ACTIVE 3:15 - 4:15 pm > Pascale ⓐ			NEW Group ACTIVE 3:15 - 4:15 pm > Pascale ⓐ		
4:30	Group Power/ Intermediate Freedom Maintenance 4:40 - 5:40 pm > Cathy *see sign-up details ⓐ	Freedom Weight Loss 4:30 - 5:30 pm > Cathy *ⓐ	Group POWER 4:40 - 5:40 pm > Cathy *see sign-up details	Freedom Weight Loss 4:30 - 5:30 pm > Cathy *ⓐ		
5:35	BODYZONE 5:45 - 6:40 pm > Patti	Muscle Mash-Up 5:40 - 6:40 pm > Pascale ⓐ	Core De Force 5:45pm-6:40pm > Instructor Mireille ⓐ	Muscle Mash-Up 5:40 pm > Pascale		
6:45	Yoga & Stretch 6:45 - 7:55 pm > Patti	Group POWER 6:45 - 7:45 pm > Patti	Yoga & Stretch 6:45 - 7:55 pm > Patti	Group POWER 6:45 - 7:45 pm > Patti		
7:45						

Call the front desk and ask for Mari for more details. All classes are 1 hour in duration unless otherwise stated.

Please Note: SOME classes have limited availability and sign up is required.....

www.freedomweightloss.com

SCHEDULE LEGEND

- ⓐ All
- ⓔ Experienced/Intermediate
- ⓐ Challenging/Advanced

* Must be enrolled in this class. Paid enrollment only.

tel: 613.932.4766 www.physicallimits.com

Watch for new exciting classes on this Schedule!

Come in and try out a Group Fitness Class for FREE!

(Does not apply to any class with an ★). Call or see front desk to arrange a class.



This class is a HIIT based total body conditioning class featuring the best of our favourite strength, core and cardio exercises. It will encompass the best of Group Power, Group Core and Group Active. Come and Challenge yourself, and Remember, you always go at your own level! - For All Fitness Levels

GROUP FITNESS

WINTER 2017 SCHEDULE

GROUP CORE ...NEW

Let's get HARD CORE! Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform—all to challenge you like never before. REACH YOUR PEAK with Group Core! FOR ALL FITNESS LEVELS.

BODY PUMP

Focused body sculpting with an endless variety of toning moves. Natalie is low-key and sincere - she keeps it interesting and unusually effective by combining muscle groups to challenge and improve your core and functional strength. Natalie inspires careful form and correct posture with detailed and friendly cuing throughout. The class concludes with a relaxing stretch. FOR ALL FITNESS LEVELS.

BODYZONE

Focused on Strength Training with "HIIT" intervals to maximize Fat Burning. Linda will offer options for all levels of Fitness. This class will challenge you to push yourself a little harder each time. Finish your day with a workout that will leave you feeling Strong and Refreshed. Linda's Yoga inspired cool-down is the perfect end to anyone's day. FOR ALL FITNESS LEVELS.

INTERVAL TRAINING CIRCUIT

This fast-paced, fat blasting workout is designed to build strength and lean muscle mass, firm and define your body and shed unwanted inches and pounds while building cardio endurance. Participants will engage in weights, kettle bells, plyometrics, TRX training, and cardio conditioning while improving flexibility and strength. Designed for all fitness levels, this circuit is like no other. Beginners will be coached through simple yet effective moves while the more advanced participants will be pushed to their full potential.

CARDIO FUSION with Natalie ...NEW

A non-stop heart pumping class, combines low impact, step, gliding and lots of abs!!! FOR ALL FITNESS LEVELS.

Muscle Mash-Up

This class is a HIIT based total body conditioning class featuring the best of our favourite strength, core and cardio exercises. It will encompass the best of Group Power, Group Core and Group Active. Come and Challenge yourself, and Remember, you always go at your own level! - For All Fitness Levels

YOGA & STRETCH

Yoga stretch and flow is a combination of hatha and flow yoga. Designed to increase flexibility, balance, and strength while bringing attention to your breathing and alleviate stress and promote relaxation and calmness.

GROUP ACTIVE

ACTIVATE YOUR LIFE in only 1 hour! Feeling fitter, stronger and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, GROUP ACTIVE will increase your CARDIO FITNESS, BUILD YOUR STRENGTH and IMPROVE YOUR BALANCE and FLEXIBILITY. All in a supportive group environment, with motivating music and caring instructors. GET MORE OUT OF LIFE - GET ACTIVE! FOR ALL.

CARDIO PUMP

A high intensity interval class with alternating intervals of weight training and cardio. Different equipment used for each class to give a fresh and challenging workout to wake you up and start your day right!

GROUP POWER

GROUP POWER is your HOUR OF POWER! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, GROUP POWER is for ALL AGES AND FITNESS LEVELS.

NEW EXERCISERS will be successful in GROUP POWER because of the simplicity of the class. It is a great starting point to develop strength and confidence. Even the SERIOUS WEIGHT TRAINERS of the world marvel that GROUP POWER is great to work the muscles a different way. GROUP POWER is fantastic for WOMEN because it is a form of weight-bearing exercise, which is proven to reduce the incidence of osteoporosis. GROUP POWER is perfect for the TIME-PRESSED EXERCISER. 2-3 times per week is all you need to get great results fast! It is perfect for CROSS TRAINERS who want to add strength training into their workout. With Sharon and Susan. FOR ALL FITNESS LEVELS.

DISCOVER RESULTS - DISCOVER GROUP POWER!

HATHA YOGA

Join Lisa for a beautiful mix of Pranayama breath practice. She incorporates yoga flows for flexibility and movement, standing and seated postures for strengthening the mind/body and meditation. A gentle practice that will go as deep as the individual will take themselves. This class is geared for everyone regardless of capabilities. Yoga increases your oxygen intake, aids with digestion and muscle tension. Taking care of your body/mind will help you create the life you dream of. FOR ALL FITNESS LEVELS.

FREEDOM WEIGHT LOSS (Paid enrollment only)

This program is taught by one of the most caring health professionals in the Cornwall area, Cathy Bourgon. This program was developed specifically for quick and extreme weight loss and has left the Cornwall area in awe with it's results. This ground breaking program is based on a very specific diet and exercise program that helps each client lose between 15 to 25 lbs per month. Call Mari or at Physical Limits today for more information on this Revolutionary program. BEGINNER & INTERMEDIATE LEVELS.

Push7

This group fitness class is designed for all fitness levels and will change your life. Alternating muscle groups and conditioning keeps your heart rate up to build muscle and increase fat burning. You choose your own level and build from there. You will be using all kinds of fitness equipment in this fun and vigorous class.

Core De Force

Core De Force is a MMA inspired workout with some kickboxing, Boxing and Muay Thai inspired moves. The workouts are broken down in 3 minutes "rounds" just like in a real boxing match, in each "round" there is also a cardio spike, so there is no stopping until the bell rings! No boxing experience needed, no equipment needed either! A fun way to guarantee burning of calories! *Optional Modifications given throughout class. For All Fitness Levels.

New Group Fitness Participants!! If you have never attended group fitness classes before, it is important to find the right class for you. All classes categorized FOR ALL FITNESS LEVELS, are suitable for newcomers to group fitness classes and are well-indicated on the group fitness schedule. If you have some experience and are ready for a little more, try our INTERMEDIATE LEVEL CLASSES, as indicated on the schedule. For the very experienced group fitness participant who wants to work to the max, try the classes indicated INTERMEDIATE/ADVANCED OR ADVANCED on the schedule.

Remember: be patient... group fitness takes skill, and if you are persistent, the steps will become easier and you will truly enjoy this exciting way to stay in shape. If you are new, please try to show up 10 minutes early to your scheduled class and let your instructor know before the class that it is your first time. Rest assured that no matter what class you attend, you are encouraged to go at your own pace. Our instructors are well qualified to ensure that your workout is beneficial and safe. Feel free to consult them in private... before or after a class. Physical Limits reserves the right to increase or decrease the number of classes and/or the times they are offered.