

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:15</b>		<b>Endurance Fitness</b> 6:15 - 7:15 am > Shelly *ⓐ	<b>Endurance Fitness</b> 6:15 - 7:15 am > Shelly *ⓐ		<b>Endurance Fitness</b> 6:15 - 7:15 am > Shelly *ⓐ	
<b>7:15</b>		<b>Endurance Fitness</b> 7:15 - 8:15 am > Shelly *ⓐ	<b>Endurance Fitness</b> 7:15 - 8:15 am > Shelly *ⓐ		<b>Endurance Fitness</b> 7:15 - 8:15 am > Shelly *ⓐ	<b>Endurance Fitness</b> 7:45 - 8:50 am > Shelly *ⓐ
<b>9:00</b>	<b>Group POWER</b> 9:00 - 10:00 am > Cathy *see sign-up details	<b>Body Pump</b> 9:00 - 10:00 am > Natalie	<b>Group POWER</b> 9:00 - 10:00 am > Cathy *see sign-up details	<b>Body Pump</b> 9:00 - 10:00 am > Natalie	<b>Cardio Fusion</b> 9:00 - 10:00 am > Natalie ⓐ	<b>Group ACTIVE</b> 9:00 - 9:50 am > Pascale ⓐ
<b>10:00</b>		<b>Freedom Weight Loss</b> 10:30 - 11:30 am > Cathy *ⓐ		<b>Freedom Weight Loss</b> 10:30 - 11:30 am > Cathy *ⓐ	<b>Group CORE</b> 10:10 - 10:45 am > Natalie ⓐ	<b>Group POWER</b> 10:00 - 11:00 am > Cathy *see sign-up details ⓐ
<b>11:00</b>	<b>HATHA YOGA</b> 11:05am - 12:00 pm > Lisa B. ⓐ				<b>HATHA YOGA</b> 11:00am - 12:00 pm > Lisa ⓐ	<b>Freedom Weight Loss</b> 11:00 - 12:00 pm > Cathy *
<b>12:10</b>	<b>Group CORE</b> 12:10 - 12:45 pm > Sharon *see sign-up details	<b>Group POWER</b> 12:10 - 1:10 pm > Sharon *see sign-up details	<b>Group CORE</b> 12:10 - 12:45 pm > Sharon *see sign-up details	<b>Group POWER</b> 12:10 - 1:10 pm > Sharon *see sign-up details	<b>NEW</b> <b>Body Shred</b> 12:10 - 12:45 pm > Amanda *see sign-up details	
<b>2:30</b>						
<b>3:45</b>	<b>NEW</b> <b>Group ACTIVE</b> 3:45 - 4:15 pm > Pascale ⓐ			<b>NEW</b> <b>Group ACTIVE</b> 3:45 - 4:15 pm > Pascale ⓐ		
<b>4:30</b>	<b>Group Power/ Intermediate Freedom Maintenance</b> 4:30 - 5:30 pm > Cathy *see sign-up details ⓐ	<b>Freedom Weight Loss</b> 4:30 - 5:30 pm > Cathy *ⓐ	<b>Group POWER</b> 4:30 - 5:30 pm > Cathy *see sign-up details	<b>Freedom Weight Loss</b> 4:30 - 5:30 pm > Cathy *ⓐ		
<b>5:40</b>	<b>NEW</b> <b>Average Joe's</b> 5:40 - 6:40 pm > Jason *see sign-up details		<b>NEW</b> <b>Average Joe's</b> 5:40 - 6:40 pm > Jason *see sign-up details	<b>NEW</b> <b>Body Shred</b> 5:40 - 6:15 pm > Amanda *see sign-up details		
<b>6:30</b>		<b>NEW</b> <b>Body Shred</b> 6:30 - 7:05 pm > Lydia *see sign-up details				

Call the front desk 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](http://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](http://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.



FREEDOM

# G R O U P F I T N E S S

FALL 2018 SCHEDULE

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**Average Joe's** *...NEW*

At Average Joe's we have 4 rules. 1) Come as you are. 2) Be yourself. 3) It's about progress, not perfection. 4) All genders and exercise levels welcome. We stretch first, warm up and then go pretty hard for 15-20 minutes. It's always simple at Average Joe's. You must register for this class. See the front desk for details. At Average Joe's we don't care about anything, other than you showing up and sweating. We have a fun get together every year for Average Joe clients and their families. Come sweat, have fun and enjoy.

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**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.

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**Body Shred** *...NEW*

Designed by world-renown personal trainer, Jillian Michael's, BODY-SHRED™ is a high intensity and endurance based 30 minute workout, utilizing Jillian's 3-2-1 interval approach: 3 minutes of strength, 2 minutes of cardio & 1 minute of abs. You will shed fat, define muscle, transform the look of your entire physique, and dramatically enhance your overall health and athletic performance. Come check out a class and Shred your Body!

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**CARDIO FUSION with Natalie**

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

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**Endurance Fitness**

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.

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**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.

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**GROUP ACTIVE** *...NEW*

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.

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**GROUP CORE**

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.

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**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!\*\*\*

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**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.

**New Group Fitness Participants... All of our classes are categorized for "ALL FITNESS LEVELS", as they are suitable for newcomers to group fitness classes, however, if you are ready to work at an Intermediate or Advanced level, there are plenty of options offered in each class to make your workout more intense!**

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.