

# FITNESS CLASSES



CLASS	DESCRIPTION
<b>Boot Camp</b> 30 & 45 minutes	Boot Camp will inspire you to get more fit, stronger and lose weight. This program focuses on all components of exercise including total body strength, muscle endurance and cardio segments. You will enjoy a variety of different workout styles such as High Intensity Interval Training (HIIT), Tabata and Circuit-style stations while utilizing a variety of equipment. Boot Camp is a total body workout and will help burn fat and increase your metabolic rate. Each class is a bit different to add variation to your workout routine and to help avoid plateaus.
<b>Bounce</b> 45 minutes	In less than 15 minutes, you'll be bouncing and jumping to the beat of the music. No matter your fitness level, Kangoo Jumps boots make the whole process easy and safe in an unmatched feeling of lightness, power and thrill. You will burn maximum calories while training and strengthening your legs, glutes and core.
<b>Butt &amp; Gut</b> 30 & 45 minutes	Butt & Gut includes a combination of glute and abdominal exercises that target these particularly troublesome areas. You will tighten your abs, lift your rear and even firm your legs in this muscle conditioning class.
<b>Circuit</b> 30 & 45 minutes	Circuit training is a form of total body conditioning that increases your strength and aerobic fitness while burning lots of calories. It is the most time-efficient way to enhance your cardiovascular fitness and muscle endurance.
<b>CORE DE FORCE</b> 45 minutes	CORE DE FORCE is your countdown to a knockout body. It's the ultimate MMA-inspired workout that will knock out the belly fat, help slash inches off your waist and carve total body definition. Each move, whether it's a jab, kick or uppercut, works your core from every angle. It's more effective than traditional abdominal training to help you tighten up your entire midsection and carve a more defined waist. In three-minute "rounds", you'll get Boxing, Kickboxing and Muay Thai knee-elbow combinations, body weight training and cardio spikes – all designed to help you lose the belly and shred body fat. No matter what your fitness level, you can punch, kick and sweat at your own pace.
<b>JOGA</b> 45 minutes	JOGA is a movement system made up of the benefits of yoga combined with the biomechanics of sport. JOGA enhances athletic performance, improves concentration, decreases recovery time, and ultimately, transforms your fitness level. The postures in JOGA involve a combination of dynamic and static stretching as opposed to traditional long holds. The movements are designed to improve athletic ability and agility as well as coordination with breath pattern. You will build muscle memory and balance joint stability/mobility with an increased range of motion.
<b>Low Impact Body Blast</b> 30 minutes	Get your body moving in this low impact total body workout class which includes strength, cardio, balance, stability, flexibility and core strengthening through Circuit and Zumba style classes. This class is ideal for: beginners to exercise; older adults; participants with multiple joint issues; or, participants that want to keep their exercise low impact. Multiple variations can be shown for various exercises to accommodate all fitness levels.
<b>Mommy &amp; Me</b> 45 minutes	These baby-friendly fitness classes allow parents/caregivers to get in a great workout AND attend to baby's needs at any time. Each innovative class provides a full-body workout (eg., cardio, muscular endurance, postnatal-specific core work, flexibility). Benefit from increased energy, improved posture, less aches and pains and a stronger core. This is a fantastic opportunity to connect with other parents/caregivers in the community!
<b>Spin</b> 30 minutes	Spin class is a heart-pounding indoor cycling experience set to exhilarating music. Intensity will vary throughout the class due to different body positions, pedal speed and resistance. You will burn tons of calories and work your legs, glutes and core while minimizing impact on your joints.
<b>STRONG by Zumba</b> 45 minutes	STRONG by Zumba combines body weight, muscle conditioning, cardio and plyometric moves synced to original music that has been designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you to make it to that last rep, maybe even five more. In this class, you will burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees and jumping jacks are interchanged with isometric moves like lunges, squats and kickboxing. Your instructor will change up the music and moves frequently to make sure you're always challenged to the max.
<b>Weights</b> 45 minutes	Build strength, add definition, increase bone density and decrease fat by increasing lean muscle. Research has proven that by adding lean muscle to the body, you can speed up your metabolism and burn more calories working out and at rest. This class used a variety of training equipment to change the shape of your body. No muscle gets neglected.
<b>Yoga</b> 45 minutes	Yoga is an ancient art based on a harmonizing system of development for the body, mind and spirit. The continued practice of yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with your environment. This Vinyasa (flow) class links postures that access the deep core line of the body. Participants are provided an opportunity to strengthen, stretch, sweat and relax. Due to the flow style of this class, previous experience is beneficial, but not necessary.
<b>Zumba</b> 30 & 45 minutes	This Latin-inspired, easy-to-follow, low impact, calorie burning, feel-it-to-the-core fitness party is fun for everyone. Zumba is a great alternative to traditional fitness classes. If you like to dance, laugh and have fun, you will definitely want to join this class.

**SIGN UP FOR A SESSION, PURCHASE AN INSPIRED MEMBERSHIP OR DROP IN TO A CLASS AND START YOUR FITNESS JOURNEY TODAY!**

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# WE ALSO OFFER SPECIAL WORKSHOPS & PROGRAMS



WORKSHOP/PROGRAM	DESCRIPTION
<b>Advanced Weight Training</b>	This six-week workshop is designed for the advanced fitness enthusiast and will help improve your muscular strength and muscular endurance. This program, which requires maximum physical exertion, will actively challenge your strength, effort and coordination. Increase muscle definition while having fun in an extremely motivating class. The result is an increase in strength as well as improved metabolism, body composition and exercise technique. Due to the intensive nature of this session, we highly recommend previous fitness experience.
<b>Beginner Boot Camp</b>	Are you new to exercise or need a fitness refresher? Do you want to exercise but don't know where to start? If yes, Beginner Boot Camp is for you! Kickstart your body back into exercise with this one-day, three-hour workshop where you will learn the key components to get you started on your fitness journey. This workshop will provide you with a roadmap to a healthier, happier you by focusing on proper exercise techniques, goal setting and nutrition tips. At the end of our three hours together, you will have the resources you need to continue on your fitness journey at the studio!
<b>Couch To Confident: 12-Week Total Body Transformation &amp; Accountability Program</b>	<p>Become your confident, sexy self with this 12-week program. This is not a short-term fad diet – this is a lifestyle change that will educate you on how to exercise smarter and fuel your body to burn fat and build the body you've always wanted. In addition to receiving personal guidance from our Certified Fitness Professional and Personal Trainer, Sherry Kresky, this highly successful program includes:</p> <ul style="list-style-type: none"> <li>• Two (2) Health &amp; Wellness Assessments from our Certified Fitness Professional</li> <li>• Three (3) customized Nutrition Plans from our Certified Precision Nutritionist</li> <li>• Twenty-four (24) Fitness Classes (two classes of your choice from our core offerings per week)</li> <li>• Specialized Home &amp; Gym Workouts designed by our Personal Trainer</li> <li>• Weekly content which may include, but not limited to: recipes, exercise tutorials, motivational videos, fitness/nutrition tips</li> <li>• Exclusive access to a Private Facebook Support Group</li> <li>• Optional Professional Photo Shoot after the final weigh-in day</li> <li>• Fun Group Accountability &amp; Motivation</li> <li>• ALL THIS AND AN AMAZING NEW LOOK!!</li> </ul> <p>We also offer an online version of this program if you are unable to take part as an in-studio participant. Please visit our website for further details about online participation.</p>
<b>Learn To Run Clinic</b>	In this six-week clinic, you will learn proper running techniques and training tips. Beginners are encouraged, but this session is also a great motivator and group dynamic for seasoned runners too. Sign up with a friend or meet a running partner. This is an outdoor activity, and there will be homework to help you stay accountable.
<b>Personal/Group Training</b>	Work out with a trainer one-on-one or in a small group and get to your goal 3X faster! Sessions may include Boot Camp style exercises, strength & conditioning and cardiovascular & agility exercises. A personal trainer is a fitness professional that works with clients one-on-one or in small groups. They motivate clients by setting goals and providing feedback and accountability. Trainers also measure their clients' strengths and weaknesses with fitness assessments. These fitness assessments may also be performed before and after an exercise program to measure their clients' improvement in physical fitness. They may also educate their clients in many other aspects of wellness besides exercise, including general health and nutrition. Want quicker, faster results? Don't delay, BOOK TODAY!
<b>Six-Week Fitness Challenges</b>	Join one of our Fitness Challenges to keep yourself accountable and striving for more! A challenge is a fun and excellent way to hold yourself accountable to achieving your goals. As we go through life, many things may steer us off track. It can be easy to lose sight of our goal or our determination to get there. These fun contests are a great way to help you stay accountable as you travel through your fitness journey, and the winner will collect half of the pool collected from entry fee registrations!
<b>Summer Outdoor Boot Camp</b>	Shred fat, build muscle, tone up and have fun with this program. Clients will be inspired to work hard, sweat and get results with a focus on all components of exercise – total body strength, muscle endurance, speed/agility, flexibility, balance, power and cardiovascular ability. This class is a total body workout focused on working hard and pushing your body to its limit and will incorporate strength and cardio segments that will increase your metabolic rate and help burn fat.

**PARTICIPATE IN AN EXCLUSIVE WORKSHOP/PROGRAM! WE PROVIDE THE HIGHEST QUALITY OF KNOWLEDGE & INSPIRATION TO OUR CLIENTS!**

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