



Summer 2021 Fitness Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15am – 7:00am	Strong Nation™ (Online and in Person)		Strength (Online and in Person)		Strong Nation™ (Online and in Person)	
8:30am – 9:30am						Strong Nation™ (Online and in Person)
9:30am – 10:30am	Strength (Online and in Person)	Strong Nation™ (Online and in Person)	Strength (Online and in Person)	Step & Sculpt (Online and in Person)	Kickboxing (In Person Only)	
7:00pm – 8:00pm	Femsport Style Bootcamp (in person only)	Kickboxing (In Person Only)	Strong Nation™ (Online and in Person)	Kickboxing (In Person Only)		

Schedule in effect July 5 to September 5

*schedule subject to change

Strong Nation: Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. Online only since it is a High Intensity Exercise!

Strength: Designed to help improve muscular strength and increase stamina by using resistance equipment and body weight! This class will challenge all major muscle groups to help you become stronger. Build self confidence & that voice in your head getting louder; saying 'I CAN.'

Kickboxing: Cardio kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. In Person only because we have the equipment here!

Power Express: This class is designed for your inner ROCKSTAR. It's strength class + music brought into dynamic and challenging workout...set to inspire built for all fitness levels. 45 minutes of motion & repetition = RESULTS

Step: A mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push ups and weight exercises, and the result is a fun, uplifting, full-body workout! Don't worry, there's lots of options so that everyone leaves feeling successful.

Femsport Style Bootcamp: This class trains you to get Femsport ready for the end of the summer! Come and work on your skills from truck pulling to tire flipping and everything in between. Your Femsport certified trainer & regional promoter will ensure you are SAFE while training! No requirement to compete is necessary - try something different this summer!

Fitness Refund Policy:

- 30 days written notice must be given to cancel monthly membership
- 4 hours notice must be given to cancel individual classes
- No refunds on punch cards
- When cancelling classes or memberships, fees will be pro-rated and the balance will be refunded the following way:
 - 100% if refunding to account, 90% if refunding to cheque.
- Refund due to medical reason must be accompanied by a doctor's note.

Register online at www.freezeathletics.com/registration