

# WINTER SCHEDULE

237 MAIN ST. PICTON



613-471-1515 • fitnesspowers@gmail.com

## MONDAY

JAN 8TH - MAR 26TH

### P90X Live

7:30am - 8:30am

### P90X Live

9:15am - 10:15am

### Circuit Fit

10:20am - 11:20am

### Simply Fit - Level 2

11:30am - 12:15pm

### Just Cycle (Lunch Express)

12:15pm - 12:45pm

### Semi-Private Group

4:30pm - 5:15pm

### P90X Live (Semi-Private Group)

5:30pm - 6:30pm

### TMK Power (Semi-Private Group)

6:35pm - 7:35pm

## TUESDAYS

JAN 2ND - MAR 27TH

### Essentrics

9:15am - 10:15am

### Osteofit

*(Semi-Private Group)*

1:00pm - 1:45pm

### Semi-Private Training

3:30pm - 4:30pm

### YogaPowers

5:30pm - 6:30pm

### Bro Power

6:45pm - 7:45pm

## WEDNESDAY

JAN 3RD - MAR 28TH

### Power Hour

7:30am - 8:30am

### Power Trainer

9:15am - 10:15am

### P90X Live

10:20am - 11:20am

### Simply Fit - Level 2

11:30am - 12:15pm

### P90X Live (Lunch Express)

12:15pm - 12:45pm

### Simply Fit - Level 1

1:30pm - 2:30pm

### TeenFit

3:30pm - 4:30pm

### Body by Powers

5:30pm - 6:30pm

### TMK Power (Semi-Private Group)

6:30pm - 7:30pm

## THURSDAY

JAN 4TH - MAR 29TH

### Semi-Private Training

6:30am - 7:30am

### Osteofit

*(Semi-Private Group)*

11:30am - 12:15pm

### Piloga Powers™

1:00pm - 2:00pm

### Semi-Private Training

3:30pm - 4:30pm

### Essentrics

5:00pm - 6:00pm

## FRIDAY

JAN 5TH - MAR 30TH

### Circuit Fit

7:30am - 8:30am

### Circuit Fit

9:15am - 10:15am

### Circuit Fit

10:20am - 11:20am

### Simply Fit - Level 2

11:30am - 12:15pm

### County Circuit (Lunch Express)

12:15pm - 12:45pm

### Simply Fit - Level 1

1:30pm - 2:30pm

## SATURDAY

JAN 6TH - MAR 31ST

### TMK Power (Semi-Private Group)

9:00am - 10:00am

# GROUP TRAINING & FITNESS CLASSES

## DESCRIPTIONS



613-471-1515 • [fitnesspowers@gmail.com](mailto:fitnesspowers@gmail.com)  
[www.fitnesspowers.com](http://www.fitnesspowers.com)

### P90X LIVE

P90X LIVE is a full-body, strength-training format, featuring four unique blocks of work: Cardio X, Lower Strength, Upper Strength and X Core. This group class is suitable for all fitness levels.

### COUNTY CIRCUIT

This high intensity interval training class will incorporate cardio and strength exercises to have your muscles burning and heart pumping in no time.

### POWER TRAINER

This high intensity power session is designed to define & tone your body. Using dumb bells, kettle bells, bands and balls you will be putting your body to the test.

### CIRCUIT FIT

This low impact program is perfect for beginners or those transitioning from the Simply Fit program. It alternates between cardio and strength training stations emphasising balance, strength, flexibility and core.

### LUNCH EXPRESS

Get in, burn a ton of calories, and get on with your day! Who doesn't have time for that? Just 30 minutes.

### TEENFIT

This class offers teens an opportunity to step away from the traditional school physical education lessons and sports, to show that physical activity can be different and fun! Classes include a mix of strength and fitness exercises using a variety of equipment. Classes aim to improve health, well-being and fitness.

### COUNTY CIRCUIT

This high intensity interval training class will incorporate cardio and strength exercises to have your muscles burning and heart pumping in no time.

### PILOGA POWERS™

Piloga Powers™ is a conditioning routine that uses the foundations of Pilates & yoga to bring awareness to structural and muscular imbalances of the body. This class seeks to build flexibility, strength, endurance, and coordination without adding muscle bulk.

### BODY BY POWERS

This class has been specifically designed by Tracy to help you find your limits then challenges you to surpass them. A 60-minute workout mixed with yoga, high-intensity cardio intervals, strength training, plyometrics, calisthenics, cycling and core work, to improve overall strength and conditioning.

### OSTEOFIT STRENGTH & STRETCH

(Semi-Private Training)

Resistance training & body weight exercises are essential to stopping the progression of, or reversing the loss of bone mass. This 60-minute resistance training program will begin your journey to building healthier bones along with a healthier body. 3-5 participants.

### ESSENTRICS

This is a completely original workout that draws on the flowing movements of tai chi which create health and balance, the strengthening theories behind ballet which create long, lean, flexible muscles and the healing principles of physiotherapy which create a pain free body.

### TMK POWER

(Semi-Private Training)

Looking to kick it up a notch. With a combined effort from our Trainers, Fitness Powers has designed a program that lets you decide what you want to sculpt. Upper body, lower body or full body, we have got you covered. We will progress each of you at your own pace so that you are challenged appropriately during each training session, 3-5 participants only!

### YOGA POWERS

This vinyasa style of class incorporates sun salutations and classical hatha & ashtanga-based sequences. With practice, you will gain flexibility, stability and strength. It is suitable for all levels. You can expect to feel calm, strong, open and stretched afterwards!

### SIMPLY FIT

This program has been created to fill a service gap for individuals 55+ looking for an exercise program that has been designed to increase bone density, range of motion, strength, balance, and flexibility for those with health restricting issues. Also, great for beginners. Level 1 and Level 2 options available.

### SEMI-PRIVATE TRAINING

A program where up to 5 people work with a dedicated trainer, progressing towards a goal such as improved health, weight loss, or toning and strength gains. You can choose 1, 2 or 3 sessions per week.

#### ***Includes:***

- *Intake Session*
- *One superstar coach for every session*
- *Personalized Program*
- *Access to a private facebook group, a goal tracking book, free workshops, and discounted event pricing.*

***\*Contact Fitness Powers for more details***

**\*Ask us about pricing or visit our website for more details**