

START TIME	CLASS	INSTRUCTOR	DURATION
<b>MONDAY</b>			
6:30 – 7:15 am	Cardio & Core	Ron Leyenhorst	45 minutes
12:00 – 12:50 pm	Strength & Core	Laura Breck	50 minutes
<b>TUESDAY</b>			
6:30 – 7:15 am	Full Body Strength	Laura Breck	45 minutes
12:00 – 12:50 pm	Core Fusion	Megan Cook	50 minutes
5:30 – 6:30 pm	Core Fusion	Tracy Kennedy	1 hour
7:00 – 8:00 pm	Focus on Bones	Ben Robinson	1 hour
<b>WEDNESDAY</b>			
6:30 – 7:15 am	Strength In Balance Circuit Training	Ben Robinson	45 minutes
12:00 – 12:50 pm	Mindful Movement	Jonathan MacCaul	50 minutes
4:30 – 5:15 pm	Metabolic Intervals	Laura Breck	45 minutes
5:15 – 6:00 pm	Pilates	Claire Kilgallon	45 minutes
<b>THURSDAY</b>			
6:30 – 7:15 am	Muscle and Music Mix	Ron Leyenhorst	45 minutes
9:30 – 10:20 am	Pilates	Claire Kilgallon	50 minutes
12:00 – 12:50 pm	Functional Movement	Jonathan MacCaul	50 minutes
7:00 – 8:00 pm	Yin Yoga	Claire Kilgallon	1 hour
<b>FRIDAY</b>			
6:30 – 7:15 am	Metabolic Intervals	Laura Breck	45 minutes
9:30 – 10:20 am	Full Body Strength	Karen Brant	50 minutes
12:00 – 12:50 pm	Functional Strength	Ben Robinson	50 minutes
4:30 – 5:20 pm	Strength & Core	Laura Breck	50 minutes
<b>SATURDAY</b>			
8:30 – 9:30 am	Fusion Surprise	Tracy Kennedy	1 hour

**PLEASE NOTE:**

- Please arrive 5 minutes in advance of class start time
- All group sessions can be adapted to individual fitness levels. All clients are welcome.
- Scheduled trainers may change based on availability
- If you have any questions, contact us at **613-544-7999** or [admin@focuspersonalfitness.com](mailto:admin@focuspersonalfitness.com)

## Class Descriptions

### CARDIO & CORE

An energizing and high-tempo class, Core & Cardio burns calories while improving your posture and core strength.

### CORE FUSION

Improve posture, strengthen your core, tone muscles, build balance and flexibility, all while releasing tension and stress.

### FOCUS ON BONES

This class is designed for those living with osteoporosis or those with common risk factors. This class includes a variety of weight bearing and loaded exercises, to increase muscular strength and coordination in a functional way. Participants will learn how to use their muscle groups in a way that helps prevent injuries and increases efficient muscular coordination.

### FULL BODY STRENGTH

Burn calories, release stress, strengthen and build your muscles all with this dynamic full body workout.

### FUNCTIONAL MOVEMENT

Incorporating your whole body and may include Yoga and Pilates.

### FUNCTIONAL STRENGTH

A functional strength training workout routine involving performing compound exercises designed to enhance the relationship between your body's muscular and nervous systems.

### FUSION SURPRISE

Integrating mind/body activities such as yoga, Pilates and fitness training, this workout focuses on core and stabilizing techniques to improve strength, balance and flexibility

### METABOLIC INTERVALS

Get an 'after-burn' effect that can leave your metabolism operating at a higher level of efficiency for hours after you're done exercising.

### MINDFUL MOVEMENT

Making use of your mind while performing a whole body workout.

### MUSCLE AND MUSIC MIX

A mix of legs, arms and core and great music to keep you motivated.

### PILATES

Pilates is a method of exercise that consists of low impact movements designed to improve physical strength, flexibility, and posture, as well as enhance mental awareness. This class will emphasize the use of the abdominal muscles whilst working the whole body in a series of mat-based exercises.

### STRENGTH & CORE

Using stability balls, small equipment and your own body weight, you'll tone and sculpt your entire body to improve overall fitness levels.

### STRENGTH IN BALANCE CIRCUIT TRAINING

Using a combination of dumbbells, kettlebells, resistance bands and body weight exercises, this class will combine core stability and full body functional strengthening exercises in a circuit format to leave you feeling balanced and strong.

### YIN YOGA

Gentle stretching and holds designed to open tight muscles and allow you to relax.