



# VERSA TRAINING & ISLAND RIDE STUDIO CYCLING

Cedarparkade, Washington Street, Hamilton HM 11 Telephone: 295-6140 Fax: 295-9669

WINTER SCHEDULE

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 - 6:55 40 mins	ROAD DRILLS  Wayne		SPINTONE  Lee		ROAD DRILLS  Wayne		
6:30 - 7:25 55 mins		BODY SCULPT  Dan		BODY SCULPT  Dan			
7:00-7:55 55 mins	YOGA FLOW  Natalie				POWER SCULPT & CORE BLAST  Dan	BODY PUMP 9.30-10.25  Kirsty	SPINCORE 9:30 - 10:25  Lee
11:30-12:10 40 mins		I LOST IT  (CLOSED SESSION)		I LOST IT  (CLOSED SESSION)		INTRO TO POWER YOGA 11:00-12:15  (CLOSED SESSION)	
12:15 - 12:45 30 mins	SPINFIT  Dan	PILATES MAT 12.15 - 12.55 Margaret	SWISS BALL CORE STABILITY Lee	POWER SCULPT & CORE BLAST 12.15 - 12.55 Dan	ROAD DRILLS  Kym		
12:50 - 1:20 30 mins	DANCE STEP  Kirsty	BUFFED BUTTS Kirsty	CROSSFIT  Lee	FAB ABS Lee	POWER STEP  Kirsty		
1:25 - 1:55 30 mins	BLT  Gwyneth	SPINPEAKS 1.15 - 1.55 Kirsty	BLT CARDIO  Gwyneth	PILATES STRENGTH 1.15 - 1.55 Margaret	CORE STRETCH  Kirsty	<a href="http://www.athleticclubnet.com">www.athleticclubnet.com</a>  COMING SOON! <b>ZUMBA FITNESS</b> & <b>TRX</b> SUSPENSION TRAINING	
5:15 - 5:25 10 mins	FAB ABS Kirsty	FAB ABS Lee	YOGA SPIN	POWER YOGA	BUFFED BUTTS Kirsty		
5:30 - 6:25 55 mins	SPINMIX  Kirsty	CROSSFIT  Lee	75 mins  Kym	75 mins  Tom/Kym	ZUMBA  (CLOSED SESSION)		
6:30 - 7:15 45 mins				TRX SUSPENSION TRAINING  (CLOSED SESSION)			

**TID BITS**

**FAB ABS** 10 minute introductory session isolating upper, mid and lower abdominal areas.  
**BUFFED BUTTS** 10 minute introductory session isolating hip, thigh and butt area.

**IR = ISLAND RIDE STUDIO CYCLING**

**SPINPEAKS** 40 minute studio cycle sessions, designed to burn fat, tone muscles and increase aerobic fitness.  
**ROAD DRILLS** Cyclists, experience Road Drills during this 30-40 minute elite class designed to take your cycling to the next level.  
**SPINFIT** High intensity interval, strength, anaerobic and aerobic class. Please be well hydrated & fueled for this session!  
**SPINTONE** A varied spin class incorporating power, speed, strength and endurance.  
**SPINMIX** A 55 minute studio cycle class designed to improve stamina and cardiovascular fitness.

**MULTILEVEL**

**POWER SCULPT & CORE BLAST** A high intensity combination of power sculpting and core strengthening exercises using various types of resistance equipment, and incorporating basic and advanced balance technique Excellent fat burner!  
**BODY SCULPT** A combination of sculpting and resistance exercises focusing on specific muscle groups each session.  
**CROSSFIT** Strength and conditioning class aiming to use the body as one unit to maximise work output and results.  
**BODY PUMP** This class combines aerobic exercise and strength training to deliver maximum results.  
**BLT BUMS, LEGS AND THIGHS** Target and tone these areas that need it the most. Additional cardio in some classes.

**MIND-BODY CLASSES**

**YOGA SPIN** Enjoy the cardiovascular benefits of a cycle session completed with the strength and flexibility benefits of yoga.  
**PILATES MAT** Want a stronger, leaner, longer you? Strengthen and tone your core, abdominals and back using traditional Pilates.  
**PILATES** This challenging intermediate class will add variations to the classic mat workout with the addition of props.  
**POWER YOGA** A vigorous, flowing and dynamic yoga practice building strength, flexibility, endurance and grace.  
**SWISS BALL CORE STABILITY** A variety of exercises designed to develop and enhance abdominals and lower back on the swiss ball leading to improved improved core stability.  
**YOGA FLOW** Slow and controlled movements to improve flexibility and renew the mind/body connection using the swiss ball.  
**CORE STRETCH** A class designed to stretch and relax muscles and joints, Improve flexibility and core strength.

**COURSE SESSIONS (Pre-registration required)**

**I LOST IT** An eight week program aimed at weight loss and lifestyle changes to have a slimmer, healthier you.  
**POWER YOGA** In six weeks, learn a dynamic flowing series; increase strength, stamina, improve flexibility, develop calmness.  
**TRX** Suspension training builds total body strength, balance, flexibility and core stability. Four week program.  
**ZUMBA** Join the millions of people that have decided that having fun and working out and not mutually exclusive.