



# VERSA TRAINING & ISLAND RIDE STUDIO CYCLING

Cedarparkade, Washington Street, Hamilton HM 11 Telephone: 295-6140 Fax: 295-9669 November 02 - November 08, 2009

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 - 6:55 40 mins	ROAD DRILLS  <i>Wayne</i>		CYCLE IR 40  <i>Lee</i>		ROAD DRILLS  <i>Wayne</i>		
6:30 - 7:25 55 mins		BODY SCULPT  <i>Dan</i>		BODY SCULPT  <i>Dan</i>			
7:00 - 7:55 55 mins	YOGA FLOW  <i>Natalie</i>				BODY BAR/BOSU COMBO  <i>Dan</i>	CARDIO STRENGTH 9:30 - 10:25 <i>Lee</i>	CYCLE IR 55  9:30 - 10:25 <i>Lee</i>
12:15 - 12:55 40 mins	SPEED WHEELIN'  <i>Dan</i>	PILATES MAT  <i>Margaret</i>	SWISS BALL CORE STABILITY  <i>Lee</i>	CARDIO CIRCUIT  <i>Dan</i>	ROAD DRILLS  <i>Kym</i>		JU-JITSU 11.00 - 12.30pm <i>Dan</i> (closed session)
1:00 - 1:10 10 mins	FAB ABS <i>Gwynneth</i>	10 MIN. TRAINER <i>Lee</i>	FAB ABS <i>Lee</i>	10 MIN. TRAINER <i>Lee</i>	FAB ABS <i>Dan</i>		
1:15 - 1:55 40 mins	BLT  <i>Gwynneth</i>	CYCLE IR 40  <i>Lee</i>	BLT CARDIO  <i>Lee</i>	PILATES STRENGTH  <i>Margaret</i>	BOOT CAMP BLAST  <i>Dan</i>	<a href="http://www.athleticclubnet.com">www.athleticclubnet.com</a>	
5:15 - 5:25 10 mins	FAB ABS <i>Kym</i>	FAB ABS <i>Lee</i>	YOGA SPIN  75 mins	POWER YOGA  75 mins		<h2 style="color: red; margin: 0;">JU-JITSU</h2> <p style="color: red; margin: 0;">Sessions on Tuesdays 6.30pm - 8.00pm and Sundays 11.00am - 12.30pm</p>	
5:30 - 6:25 55 mins	CYCLE IR 55  <i>Kym</i>	BOOT CAMP BLAST  <i>Lee</i>					
6:30 - 7:25 55 mins		JU-JITSU 6.30 - 8.00pm <i>Dan</i> (closed session)					

### TID BITS

**FAB ABS** 10 minute introductory session working upper, mid and lower abdominal areas.  
**10 MIN. TRAINER** 10 minute quick cardio infusion of full body exercise - based on P90X 10 Minute Trainer.

### IR = ISLAND RIDE STUDIO CYCLING

**CYCLE IR** 40 & 55 minute studio cycle sessions, designed to burn fat, tone muscles and increase cardiovascular stamina.  
**ROAD DRILLS** Advanced cyclists, experience Road Drills during this 40-50 minute elite class designed to take your cycling to the next level.  
**SPEED WHEELIN'** High intensity interval anaerobic based aerobic class. Be sure to be hydrated and fueled for this class!

### MULTILEVEL

**BLT** BUM, LEGS AND THIGHS Target and tone these areas that need it the most. Additional cardio in some classes.  
**BODY BAR/BOSU** Master your body through innovative use of the Body Bar and the Bosu. Develop Core strength & definition in your upper  
**BODY SCULPT** A combination of sculpting and resistance exercises focusing on specific muscle groups each class.  
**BOOT CAMP** Test your agility, speed, strength, power and endurance. This class is guaranteed to make you sweat!  
**CARDIO CIRCUIT/STRENGTH** This class combines aerobic exercise and strength training to deliver maximum results.

### MIND-BODY CLASSES

**YOGA SPIN** Pedal to the Mental during this 75-minute class! Enjoy the cardiovascular benefits of a cycle session completed with the  
**PILATES MAT** Work towards a stronger, leaner, longer you. Strengthen and tone your core, abdominals and back using traditional Pilates exercise methods.  
**PILATES STRENGTH** 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.  
**STRETCH & RELAX** During this 40 minute class, learn how to improve your flexibility and reduce tension in both the mind and body.  
**SWISS BALL CORE** A variety of exercises designed to develop and enhance abdominals and lower back on the swiss ball leading to improved  
**VINYASA YOGA** "Breath-synchronized movement" You will move from one pose to the next on an inhale or an exhale. This class is also known as Vinyasa Flow because of the smooth way that the poses run together.  
**YOGA BASICS** A beginner/intermediate class of slow yoga practice. Improve your flexibility, strength and renew your spirit.  
**YOGA FLOW/BALL** Slow and controlled movements to improve flexibility and renew the mind/body connection using the swiss ball.