



2016 EXERCISE CLASS DESCRIPTIONS!



FUNFIT

This class will start with a lively mix of calorie-burning cardio, then strengthen and sculpt the entire body by doing weights and Pilates. Classes may include tabata and more boot-camp based workout. Finally, we'll reward and lengthen your muscles with yoga-based stretching. Classes may include interval training, step, "zumba", high and low impact aerobics, tabata/boot-camp style, while still bringing you the same energetic Funfit feel you have come to expect. Join us for a fun, challenging, and energetic class for beginners to advanced fitness enthusiasts! Bring a water bottle, 3lb to 10lb weights (according to *your* fitness level), and a yoga mat.



YOGA & PILATES

Step out of your hectic life for one delicious hour. You will focus on uniting body/mid/spirit and develop ease of movement, strength, and flexibility with flowing, rhythmic YOGA and PILATES inspired exercises. You will be encouraged to lean against your edge with considerate persistence and to honour your needs. Work hard, rest when necessary and choose from options making the class just the right fit. Sweat, but leave refreshed and energized!



YOGA-DANCE

This class is 1/2 Fun DanceFit-Cardio and 1/2 mat based Yoga, which will be focused on core conditioning and flexibility. This is a thoroughly delicious hour dedicated to feeling wonderful.

GENTLE DYNAMIC YOGA

This one our program gently works to improve your strength, flexibility, and balance as it encourages you to honour your limits. You will lean against your edge as you decide what "just enough". Learn to harmonize body/mind/spirit in this 1/2 hour chair assisted and 1/2 hour mat work class. It's the perfect place to begin your practice and you will leave refreshed and ready to face your day.

DANCEFIT GOLD

Just right for you, this fun and easy-to-follow 50 minute aerobic dance workout is inspired by "Zumba" and is guaranteed to bring on good vibrations. Cool down, balance work, and stretch are done using chairs, so no mats are required. Bring your water because you will sweat, and if you don't come in with a smile we know you will leave with one!

DANCEFIT CARDIO

Join us for a playful calorie burning, celebratory hour of Aerobic dancing which will include a warm-up and cool down (with yummy stretches to leave your muscles relaxed and happy). No mats are used in this class, bring your water and your smile because you will need both!

DANCEFIT INTERVALS

Are you looking for the best in fat burning technology? Join us as we challenge you to raise your metabolism and keep it BURNING HOT with short intervals of aerobic dance and muscle energizing exercise using DUMBELLS and/or ELASTICS, CHAIRS & MATS.

This hour flies by and makes you SWEAT!

