



Trevor Linden Fitness  
trevorlindenfitness.com

# GROUP TRAINING & INSTRUCTION

## NORTH VANCOUVER - FALL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Hoist Roc-It</b> 8:00am	<b>Speed Zone</b> 8:00am	<b>Synergy 360</b> 8:00am	<b>Stretch &amp; Core*</b> 8:00am	<b>Interval Training</b> 8:00am		
<b>Speed Zone</b> 9:00am	<b>Synergy 360</b> 9:00am	<b>Hoist Roc-It</b> 9:00am	<b>Speed Zone</b> 9:00am	<b>Speed Zone</b> 9:00am		
<b>Stretch &amp; Core*</b> 10:00am	<b>Hoist Roc-It</b> 10:00am	<b>Speed Zone</b> 10:00am	<b>Synergy 360</b> 10:00am	<b>Hoist Roc-It</b> 10:00am		
<b>Synergy 360</b> 11:00am	<b>Stretch &amp; Core*</b> 11:00am	<b>Stretch &amp; Core*</b> 11:00am	<b>Hoist Roc-It</b> 11:00am	<b>Synergy 360</b> 11:00am		
<b>Hoist Roc-It</b> 12:00pm	<b>Synergy 360</b> 12:00pm	<b>Synergy 360</b> 12:00pm				
<b>Hoist Roc-It</b> 5:30pm	<b>Stretch &amp; Core*</b> 5:30pm	<b>Hoist Roc-It</b> 5:30pm	<b>Hoist Roc-It</b> 5:30pm	<b>Stretch &amp; Core*</b> 5:30pm		
<b>Synergy 360</b> 6:30pm	<b>Synergy 360</b> 6:30pm	<b>Synergy 360</b> 6:30pm	<b>Synergy 360</b> 6:30pm	<b>Synergy 360</b> 6:30pm		
<b>Interval Training</b> 7:30pm	<b>Hoist Roc-It</b> 7:30pm	<b>Stretch &amp; Core*</b> 7:30pm				

All sessions are done in a group setting; they are 30 - 45 minutes in duration. **Exercise Floor - Please meet your Instructor at the Reception Desk.**

\*Stretch and Core (Women's Only)

### CLUB HOURS:

Monday - Thursday 5:30am - 10:00pm  
 Friday 5:30am - 9:00pm  
 Saturday 8:00 am - 5:00pm  
 Sunday 8:00am - 5:00pm

# GROUP TRAINING PROGRAMS



## Hoist Roc It

This fast paced class will introduce you to the benefits of the Hoist Roc It strength equipment as well as push your cardio capabilities and challenge you in active rest stations. This class is a great way for you to get the most out of your workout, no matter what your fitness level is.

## She's FIT! Speed Zone Circuit

30  
MINUTE  
CIRCUIT

This class will challenge cardiovascular, muscular strength and endurance. Each 45 second station is taught using a variety of equipment that focuses on cardiovascular training, muscle conditions and abdominal work. Suitable for all fitness levels as you work at your own pace moving between strength/endurance exercises.

## Stretch & Core

This class combines a workout with abdominal exercises and is designed to improve your core strength, enhance posture and develop better overall body control. Complete this workout with core stability focus.

## Interval Training

A dynamic and fun class that incorporates various drills on cardiovascular equipment. It is an excellent physical workout for fat burning and cardio conditioning.

## Strength Training

Strength training offers participants a foundation of strength training knowledge to focus their workouts on building muscle, while maintaining proper form and technique. In this class you will progress through 3 program levels and will never get bored.



## Cardio Intro

Designed for beginners, this low intensity class provides knowledge on the key elements of cardiovascular training. Improve your health and build self esteem with this fun and safe fitness class.

## Synrgy 360

This is an innovative fitness system integrating cardiovascular and strength training for the most efficient and effective workout. In a 45 minute session, participants of any fitness level can take advantage of our instructor led class. Stations incorporated in the Synrgy 360 system include cables, TRX training systems, and battle ropes. Provided with technique and motivation, each user will get a great full body workout!



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[trevorlindenfitness.com](http://trevorlindenfitness.com)