

TRISAN LIVE – CLASS SCHEDULE

January 11th – February 4th, 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	Hatha Yoga 9:00 – 9:45am Jane		Bodyweight Bootcamp 9:00 – 9:45am Gwendolyn	Yoga Flow 9:30 – 10:15am Rebecca			
	Body Balance 10:00 – 10:45am Jane		Restorative Yoga Flow 10:00 – 10:45am Gwendolyn	Conditioning 10:30 – 11:15am Rebecca			
EVENING		Body Balance 5:30 – 6:15pm Jane					
	Circuit Training 7:00 – 7:45pm Gwendolyn	Body Blast 6:30 – 7:15pm Jane	Pilates 7:00 – 7:45pm Gwendolyn				

Preregistration is Required. To register, please visit townshipofking.perfectmind.com

Monthly Package: \$40.00 + HST

Drop-In Fee: \$5.00 + HST

Members who would like to use their existing Unlimited Membership towards Trisan Live can contact aturosky@king.ca to register

Meeting ID: 966 1084 2020 Passcode: 493313

Click [Here](#) to Join

*****PLEASE NOTE***: Only participants who have a valid Trisan Live membership and have pre-registered for this class will be admitted to enter beyond the waiting room**

CLASS DESCRIPTIONS

BODY BALANCE

This low-impact, whole body group fitness workout is designed to boost fitness and core strength. This class includes the use of free weights and resistance training. Hand weights and a mat (or towel) are required for this class. Step platform and risers are optional!

BODY BLAST

A class that strengthens and tones your entire body, challenges all of your major muscle groups and uses exercises such as squats, presses, lifts and curls. Hand weights and a mat (or towel) are required for this class. Step platform and risers are optional!

BODYWEIGHT BOOTCAMP

A program of fitness instruction geared towards getting that heartrate going and muscles firing with only the use of your own bodyweight. No equipment is required!

CONDITIONING

Conditioning is a whole body workout that can improve your overall fitness. This class is a high energy workout that involves a combination of aerobics, strength training and flexibility. This class requires no equipment but weights/resistance bands can be used as a challenge.

CIRCUIT TRAINING

Circuit training is a round of exercises performed consecutively one after another with the intention of working up a great sweat aerobically while simultaneously strengthening and toning your muscles. Hand weights (or water bottles!) are optional.

HATHA YOGA

Experience Hatha Yoga for wellness of mind and body. Poses (Asanas) are practiced to improve strength, balance, flexibility, mobility and alignment. All from the comfort of your own home! Yoga blocks and straps are optional for this class.

YOGA FLOW

Features fluent transitions and repetitions for each pose. A strong class with challenging poses and pace for advanced beginners or intermediate yogis. Yoga blocks and straps are optional for this class!

RESTORATIVE YOGA FLOW

Relax your body and still your mind! This form of restorative yoga features fluent transitions and repetitions for each pose to help cultivate conscious relaxation. Yoga blocks and straps are optional for this class!

PILATES

Learn the fundamentals of proper Pilates technique. This Pilates program encourages strong abdominals, spine and pain free shoulders, hips and back. It is recommended that you have a yoga mat and small hand weights (or water bottles!) for this class.

Please be advised that this class, as well as the other virtual classes, will be all be conducted online using a third-party application called Zoom. As a result, you will be required to download and configure the Zoom application for use on your home computer (Windows or Mac), tablet (iOS or Android), or smartphone (iOS or Android).