



## MEMBER FITNESS CLASS SCHEDULE JANUARY 10 – APRIL 30, 2022

Membership classes currently only for Sports Centre members and Full Time UPEI Students.

All participants must sign up for class with the New Membership Login. Sign up for class weekly, 6 days in advance. NOTE: If participant signs up for a class and can't make it, they must remove their name from the class for the date they signed up. Log in and click on your profile. This is only for Membership Fitness Classes.

UPEI FACULTY/STAFF and STUDENTS:

- You can sign in using your UPEI email address and password at our new portal, [recreation.upei.ca](https://recreation.upei.ca)
- After signing in click on the Fitness Program Icon and following prompts.

COMMUNITY MEMBERS

- You can sign up or log in if you have already signed up at our new portal, [recreation.upei.ca](https://recreation.upei.ca)
- When signing up you need to use your UPEI ID number (must be 7-digits so you may need to include one or more leading zeroes)
- After signing in click on the Fitness Program Icon and following prompts.

CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:15 AM – 12:00 PM						<b>Absolute Abs &amp; Glutes</b> Karina
12:10 – 12:55 PM	<b>Pilates-Yoga Fusion</b> Karina		<b>Pilates-Yoga Fusion</b> Karina		<b>Pilates-Yoga Fusion</b> Karina	
5:30 – 6:15 PM	<b>Sculpt n' Sweat</b> Derek	<b>Dance Fitness</b> Karina	<b>Full Body Burn</b> Derek	<b>Zumba</b> Cheryl		

\*class schedule subject to change

### Absolute Abs & Glutes

This class is a dynamic and multifaceted workout designed to improve your overall fitness level; including strength and flexibility. This class is about training the abs, AND your back, hips and glutes.

### Dance Fitness

Dance fitness is a type of group exercise class that begins with a full body warmup, and then utilizes simple choreography in a series of fast-paced aerobic dances to get your body going. Also included is challenging floor work for hips, thighs, buns, and abs and a cool down to finish. It's an aerobic workout that will get you moving through dance!

### Full Body Burn

Enjoy cardiovascular exercises mixed with full-body strength and endurance exercises to help you reach your fitness goals! Perfect for those looking to increase strength and endurance.

### PILATES YOGA FUSION

Combining the benefits of yoga poses and Pilates exercises with breath awareness and relaxation. Develop your core strength and stabilization, as well as increasing your joint flexibility and muscular strength. Be steady and strong, both inside and out.

### Sculpt n' Sweat

A class designed for all fitness levels. Alternating upper and lower body strength conditioning keeps your heart rate up to increase fat burning. You choose your own level and build from there. This is a vigorous HIIT- like class.

### Zumba®

Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.